VISION FITNESS

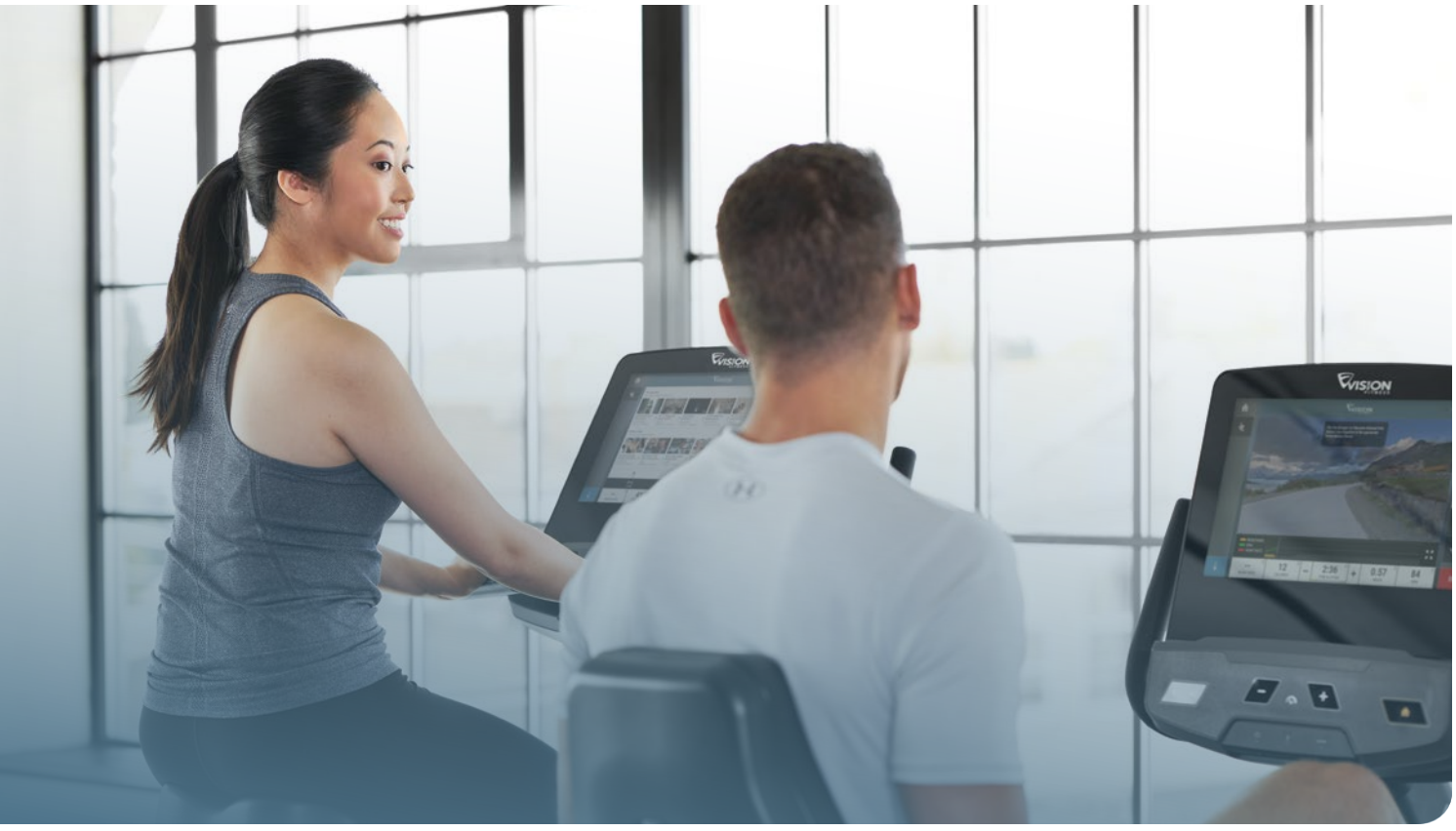


MOVE WITH

CONFIDENCE

MOVE WITH **CONFIDENCE**

When it comes to your fitness facility, you can be confident Vision has the knowledge and experience to deliver equipment that fits your goals, your budget and the people you serve.



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IT ALL STARTS WITH A VISION

Vision Fitness has come a long way from its start as a producer of exercise bikes in 1996. The product line evolved into an award-winning home and commercial portfolio over the past two decades. Today, Vision is committed to serving value-conscious customers with full-commercial strength and cardio equipment that is intuitive and built to last.





RELIABILITY

Vision equipment is tested to deliver years of hassle-free performance in demanding environments and extreme conditions. For instance, new treadmills are subjected to over 100,000 load-bearing steps to meet international quality standards, and selectorized strength equipment is tested to withstand over a million reps, more than four times the industry standard.

SIMPLICITY

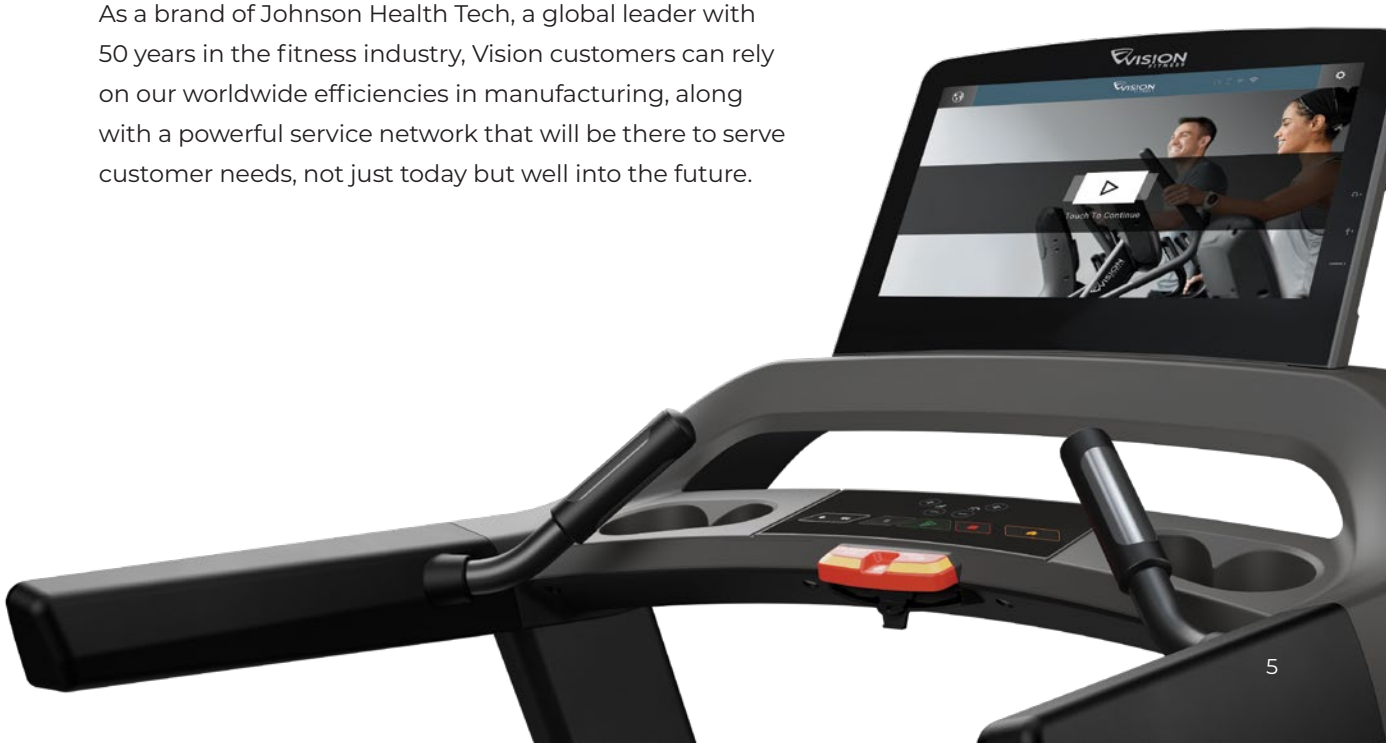
Our research and development team ensures everything we make is uncomplicated and durable. Some of our greatest innovations have come from simplifying the exercise experience and passing greater value on to all who choose Vision.

VALUE

When it comes to our fitness equipment, a combination of high-quality parts and time-tested platforms results in products that outlast your expectations. All Vision equipment is manufactured to exacting specifications and supported by the industry's best customer service.

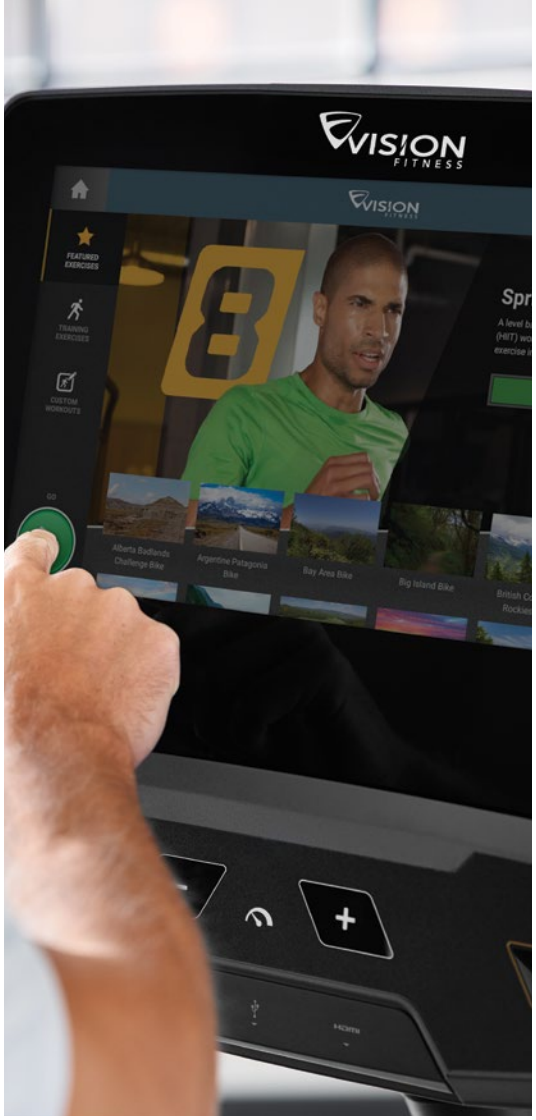
OUR COMMITMENT TO SERVICE

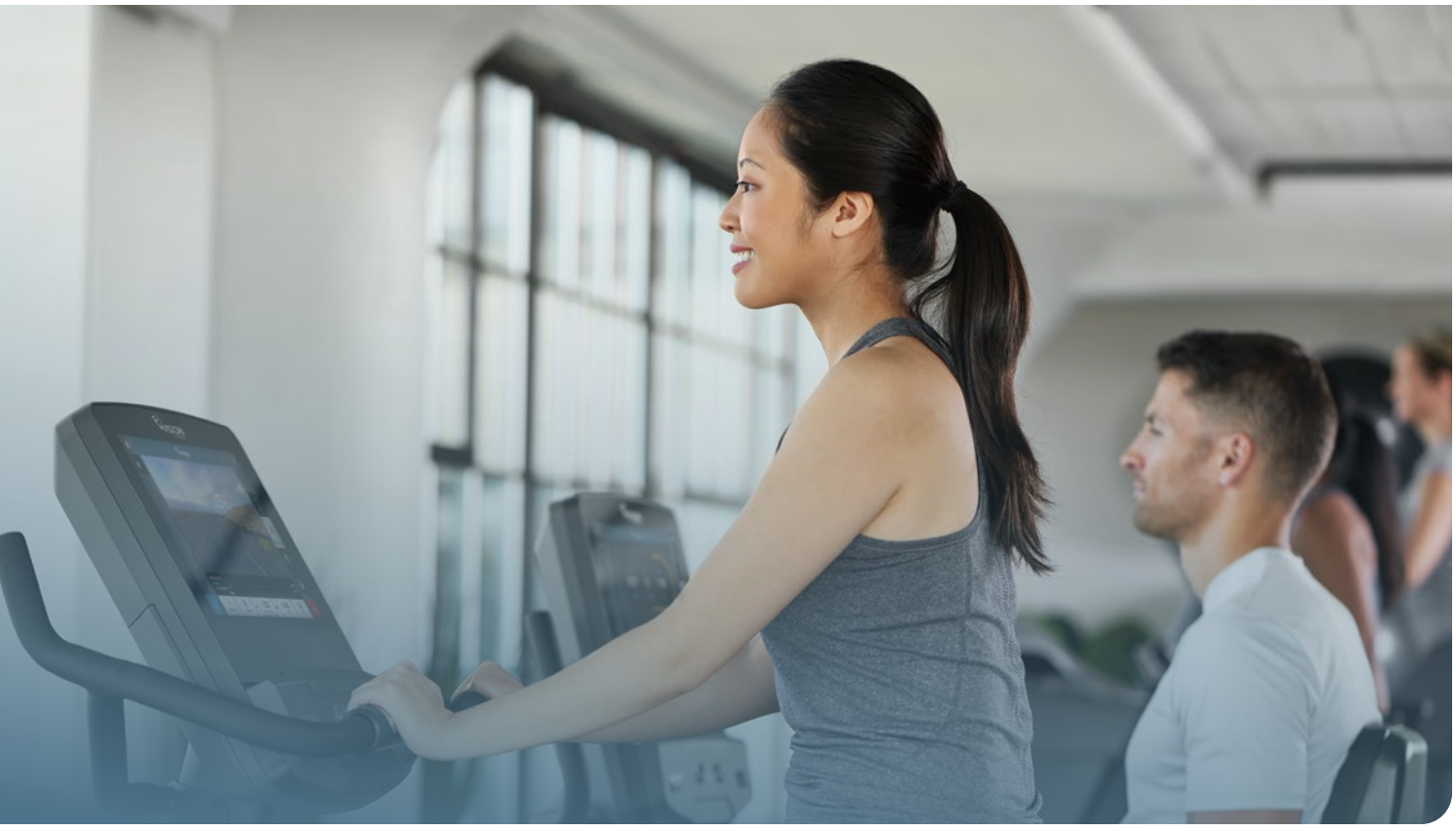
As a brand of Johnson Health Tech, a global leader with 50 years in the fitness industry, Vision customers can rely on our worldwide efficiencies in manufacturing, along with a powerful service network that will be there to serve customer needs, not just today but well into the future.



FOR YOUR GOALS. FOR YOUR BUDGET. FOR YOUR PEOPLE.

No matter what shape your fitness facility takes, Vision understands your unique needs and goals. We provide durable fitness solutions that deliver value to your business and intuitive exercise experiences for all the very different people you serve.







Health Clubs

Our collection of cardio and strength equipment simplifies the journey for beginners while standing up to tough workouts from your most demanding members.



Hospitality

You want guests to be able to maintain their workout routine while on the road, and we can help. Expect simplicity that lets anyone get started easily and durability that lasts.



Multifamily Housing

Choose Vision for lasting-quality equipment and intuitive designs that welcome your residents to their favorite new place to work out.



Corporate Wellness

Vision can elevate your wellness program with fitness equipment that's easy for anyone to use. Best of all, you'll be using it for years thanks to the durability of our components.



Municipal Facilities

Vision equipment keeps first responders ready to roll. Our uncomplicated designs make it easy to grab a workout when there's downtime, and our durable construction stands up to hard use for years.

ENTERTAINMENT SERIES

NOW THERE'S MORE TO SEE

You can make your fitness center a highlight of your offering with exercise that entertains. Our Entertainment Series console will bring people in and keep them coming back with all of their favorite entertainment apps, plus exclusive HD destination footage, HIIT programs, advanced Bluetooth, optional live TV and more. Users can even mirror their own devices to stream whatever moves them.





Popular Entertainment Apps

We've integrated the most popular streaming entertainment apps[1] in a familiar tablet-style interface, so it's easy for anyone to log in to their personal accounts[2] and enjoy their favorite music, movies, shows and books while their workout flies by.

SPRINT 8

An immersive version of our exclusive Sprint 8 program stimulates natural human growth hormone to burn more fat and build lean muscle in short 20-minute sprint intensity workouts that anyone can fit into their schedule.

Virtual Active

Virtual Active programming transports exercise enthusiasts to exotic locales with forward-motion, high-definition footage that speeds up or slows down to match their pace and resistance or incline that varies to match the terrain. Includes virtual coaching and a variety of new locations.

Optional Live TV

Our optional TV tuner lets all the people you serve enjoy their favorite shows, sports and live news while they sweat. It's Pro:Idiom encrypted to protect content providers from piracy, and it's easy to add by simply removing two bolts from the quick-release service panel.

Connect & Stream

A built-in HDMI[3] port lets your people connect Android and iOS devices and mirror their own screen. That means they can bring along their favorite playlists, movies and shows, or even browse their favorite social media feeds while they work out

Advanced Bluetooth

Advanced Bluetooth makes it easy for users to sync Bluetooth headphones and heart rate monitors, plus connect to favorite FTMS-compatible training apps like Kinomap, Zwift and more.

1. Apps vary by market and subject to change. 2. Subscriptions not included. 3. The term HDMI and the HDMI Logo are trademarks or registered trademarks of HDMI Licensing Administrator, Inc. HDMI cables, media player and devices not included.



Classic LED Consoles

If a simplified exercise experience is best for the people you serve, look for versions of our cardio equipment featuring our classic consoles. Intuitive navigation makes starting workouts easy, and a bright white LED display offers clear feedback to keep users on track for their goals. Now with Bluetooth connectivity, users can pair a heart rate strap or connect to favorite FTMS-compatible training apps. Best of all, you'll still be getting the same great reliability, innovation and value when it comes to the frame of the cardio equipment.

T600E **TREADMILL**

Performance, Durability & Entertainment

The refined design of our T600E Treadmill combines performance and durability with advanced console technology for exercise that entertains. A powerful motor and an extra-large running surface accommodate hard workouts, and heavy-duty components stand up to hard use. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.

- 152 x 55.4 cm / 60" x 22" surface lets runners sprint comfortably
- Contact grips and wireless receiver offer easy heart rate tracking
- Includes water bottle holders and reading rack
- A heavy-gauge welded steel frame provides stability









Durability of Design

A heavy-gauge welded steel frame provides excellent stability during hard runs and durability that withstands years of use.

Powerful, Reliable & Responsive

A powerful, reliable 4.2 hp AC drive system stays in rhythm with every step, even during the most intense runs.

A Better Deck

Our fully pre-waxed, industrial-grade deck is cushioned for comfort and reversible to extend treadmill life.

T600 Treadmill

Simplify the exercise experience for the people you serve with our T600 Treadmill. It includes the same frame as our Entertainment Series model with a bright white LED Console. The intuitive design of our LED Console makes starting workouts hassle-free, and clear feedback makes it easy for everyone to stay on track for their goals.



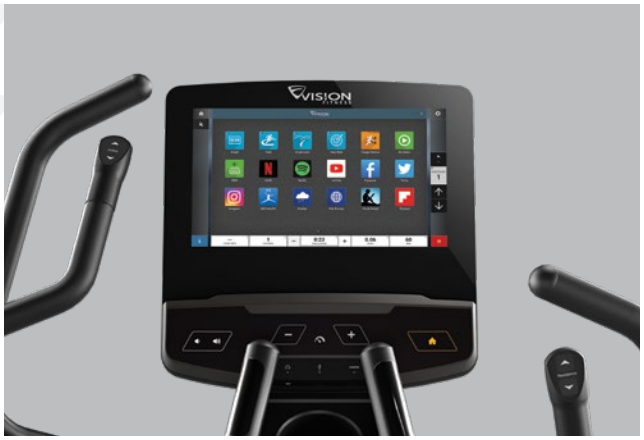
S700E **ASCENT TRAINER®**

Low-Impact Intensity & Entertainment

Our S700E Ascent Trainer adds intensity and entertainment to smooth, low-impact exercise. In addition to the near-silent suspension design, it includes adjustable incline with variable stride length and multi-position handlebars, so users of all sizes can get a workout that fits their goals and their body. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.

- Open design and low step-on height make it easy to get started
- Contact grips and wireless receiver offer easy heart rate tracking
- Cushioned pedals and narrow pedal spacing provide ergonomic comfort
- A heavy-gauge welded steel frame provides stability







Suspension Design

Suspension design provides a smooth, low-impact exercise experience while minimizing noise and maintenance.

User-Defined Workouts

Variable stride length and multi-position handlebars make it totally intuitive for users to get a workout tailored to their body and abilities.



Power Incline

Instantly adjustable incline lets users looking for a more intense workout add challenge at the touch of a button.

S70 Ascent Trainer

Simplify the exercise experience for the people you serve with our S70 Ascent Trainer. It includes the same frame as our Entertainment Series model with a bright white LED Console. The intuitive design of our LED Console makes starting workouts hassle-free, and clear feedback makes it easy for everyone to stay on track for their goals. As a bonus, our S70 Ascent Trainer includes Sprint 8 to provide the industry's best high-intensity interval training experience.



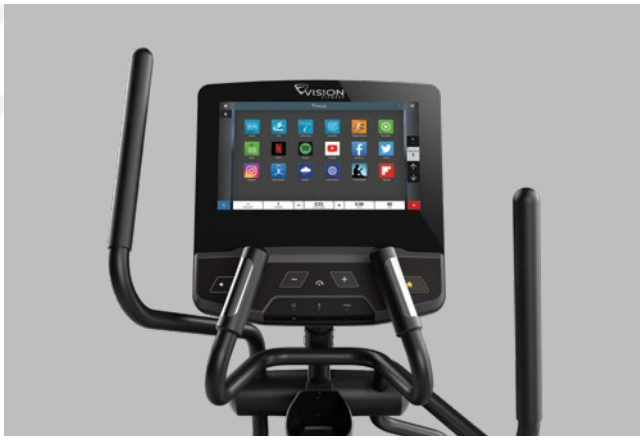
S600E **SUSPENSION ELLIPTICAL**

Natural Movement & Entertainment

Our low-maintenance S600E Suspension Elliptical offers whisper-quiet, low-impact movement that engages the whole body, plus exercise that entertains. It features a smooth-moving suspension design, refined ergonomic details and an accessible frame that makes it easy for virtually anyone to start a comfortable workout. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.

- Open design and low step-on height make it easy to get started
- Contact grips and wireless receiver offer easy heart rate tracking







Suspension Design

Suspension design provides a smooth, low-impact exercise experience while minimizing noise and maintenance.



Durability of Design

A heavy-gauge welded steel frame provides excellent stability during intense workouts and durability that withstands years of use.

Ergonomic Comfort

Large, cushioned pedals reduce stress on joints while narrow pedal spacing promotes good posture.

S60 Suspension Elliptical

Simplify the exercise experience for the people you serve with our S60 Suspension Elliptical. It includes the same frame as our Entertainment Series model with a bright white LED Console. The intuitive design of our LED Console makes starting workouts hassle-free, and clear feedback makes it easy for everyone to stay on track for their goals.



U600E **UPRIGHT BIKE**

Classic Design & Entertainment

Our U600E Upright Bike features the classic design cycling enthusiasts need for a pulse-pounding ride, plus extensive entertainment options. Multi-position handlebars make it easy to shift riding positions, and the comfortably contoured seat easily adjusts to give users of all sizes an ideal fit. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.

- Contact grips and wireless receiver offer easy heart rate tracking
- Includes water bottle holder
- A heavy-gauge welded steel frame provides stability









Multiple Grip Positions

The unique design of the handlebars provides multiple comfortable grips as riders move through different phases of their workout.

Comfortable & Adjustable

An adjustable, ergonomically contoured seat makes even long, intense workouts comfortable for riders of all sizes.

Better Pedals

Self-balancing pedals with adjustable straps make it easy for anyone to strap in and go.

U60 Upright Bike

Simplify the exercise experience for the people you serve with our U60 Upright Bike. It includes the same frame as our Entertainment Series model with a bright white LED Console. The intuitive design of our LED Console makes starting workouts hassle-free, and clear feedback makes it easy for everyone to stay on track for their goals.



R600E **RECUMBENT BIKE**

Comfort, Convenience & Entertainment

Our R600E Recumbent Bike combines comfort and convenience with exercise that entertains. A recumbent design with a step-through frame makes low-impact workouts accessible to everyone, and a contoured seat and back pad provide excellent lumbar support and stability. The large touchscreen console elevates the experience with popular apps, exclusive workout programs and streaming entertainment.

- Contact grips and wireless receiver offer easy heart rate tracking
- A heavy-gauge welded steel frame provides stability









Better Pedals

Self-balancing pedals with adjustable straps make it easy for anyone to strap in and go.

Accessory Tray

A convenient accessory tray keeps water or smartphones close at hand.

Easy Access

A step-through frame makes it easy for anyone from fitness enthusiasts to older and deconditioned users to step up to a low-impact cardio workout.

R60 Recumbent Bike

Simplify the exercise experience for the people you serve with our R60 Recumbent Bike. It includes the same frame as our Entertainment Series model with a bright white LED Console. The intuitive design of our LED Console makes starting workouts hassle-free, and clear feedback makes it easy for everyone to stay on track for their goals.



IC700 **INDOOR CYCLE**

Discover a Simply Reliable Ride

Now everyone at your facility can expect a solid, studio-style ride every time thanks to our IC700 Indoor Cycle. Everything about it is intuitive, from the four-way adjustable design to the seamlessly smooth transitions of the magnetic resistance to the streamlined service and maintenance. It's also passed rigorous endurance tests, so like everything from Vision, you can count on years of lasting durability. Bring the IC700 Indoor Cycle to your facility today to give your users a simply reliable way to ride.

- Magnetic resistance provides smooth transitions from high to low intensity
- Protective shroud shields key components from sweat for prolonged product life
- Removable shrouds and crankshafts streamline serviceability
- Optional LCD console (console takes the place of device holder on base model)





AB700 **AIR BIKE**

Add an Air of Challenge

Bring a fresh new challenge to your offering with an air bike designed for tough cardio and HIIT workouts. A low-noise, low-maintenance belt-drive system increases air resistance the harder riders pedal, pushing everyone from beginners to cardio enthusiasts to their limits. Our air bike also passed rigorous endurance tests, so you can count on years of lasting durability on your cardio floor and in HIIT sessions. Choose the AB700 Air Bike to add an air of challenge to your fitness facility.

- Training modes include pedals only, handlebars only or using both for full-body exercise
- Heavy-duty steel frame and plated-steel seat post offer lasting durability
- Protective shroud shields drive system from dust and sweat to prolong product life
- Includes LCD console

GTC Console

Keep everyone on track for their goals with a backlit LCD console that clearly displays RPM, distance, calories, time and heart rate when used with ANT+ / 5 kHz heart rate monitor.

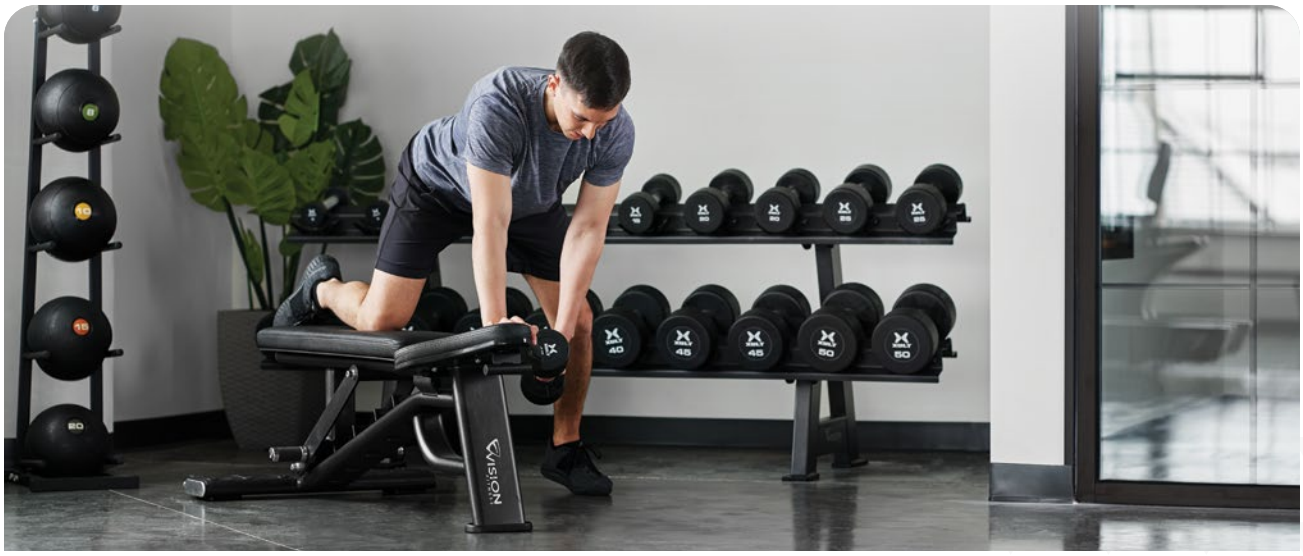
IC700: Console is optional
AB700: Console is included





INVEST IN LASTING STRENGTH

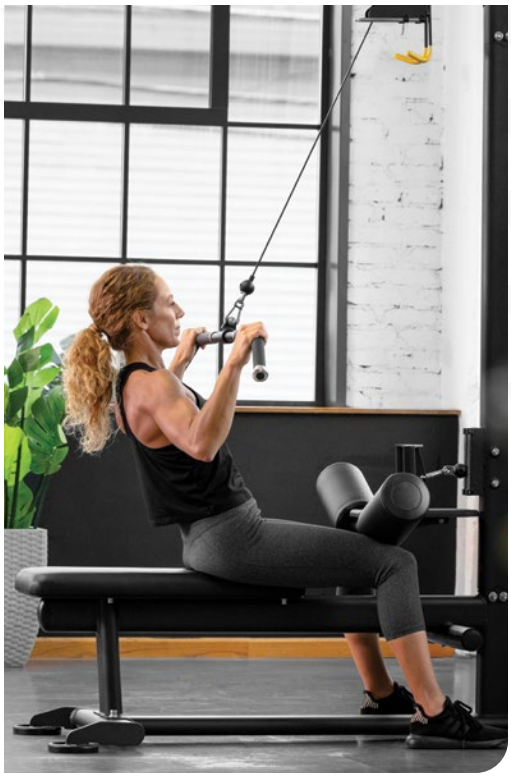
Complete your fitness offering by adding essential strength training equipment. Our uncomplicated designs are easy for anyone to use, while our streamlined aesthetic brings a touch of modern style to your facility. And of course, like everything from Vision, our strength training equipment is designed to stand up to tough workouts and busy facilities, so your people can continue to strengthen their bodies for years to come.











FUNCTIONAL TRAINER

VST600-FT

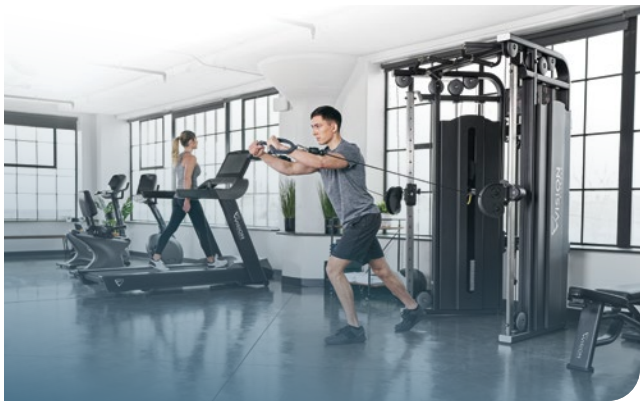
Extreme Durability. Remarkable Versatility.

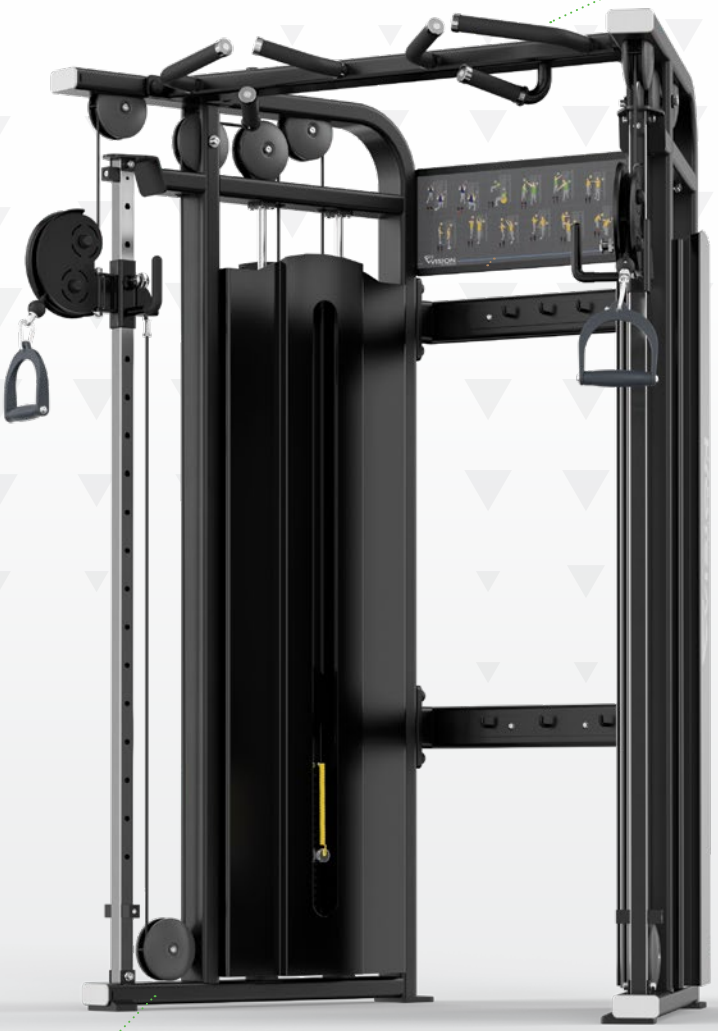
Our Functional Trainer will help your people strengthen their whole body while standing up to tough environments. Intuitive design makes it easy to start training, and heavy-duty construction means it will be there when users come back for more. Make a strong choice — invest in versatile functional fitness that lasts.

- 1:2 pulley ratio offers smooth operation when performing heavy exercises
- Enhanced placards highlight targeted muscle groups and proper user positioning for a wide range of exercises
- Oversized frame tubes provide excellent stability
- Six storage pegs offer easy access to training handles and accessories
- Includes two D-handles









Designed for Superior Versatility

Multi-position pull-up handles provide greater exercise variety, and low starting weight makes it easy for anyone to get started and build progressions.

Refined for Easy Use

Clearly indicated adjustment points make use intuitive, and one-handed pulley adjustment offers easy operation.

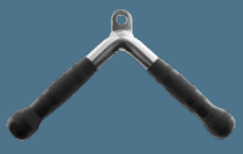
Built for the Toughest Environments

Laser-cut, robotic-welded design with heavy-duty components and two-layer powder-coat finish provides lasting durability in busy fitness facilities.

Optional Handle Package

Our optional VST600-FTHP handle package includes a V-bar, triceps rope and curl bar for training variety.









SELECTORIZED STRENGTH

MAKE A STRONG SELECTION

If you're ready to complete your fitness center, our new Vision selectorized strength equipment is tougher than you can imagine and more comfortable than you'd expect. Every unit has been tested to withstand over a million reps, more than four times the industry standard. Intuitive adjustments and ergonomic designs make it easy for virtually anyone to take on strength training exercises. Explore our complete collection today, and make a strong selection for your place and your people.



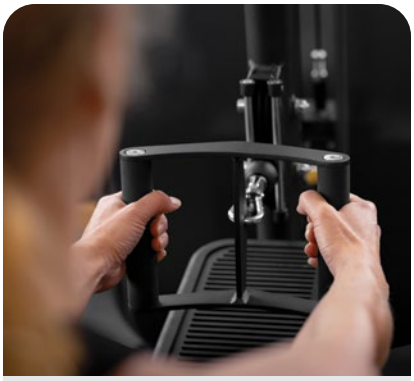
Space-efficient Design

Our selectorized dual stations pack maximum functionality into minimum space, helping you make the most of your fitness center.



Intuitive Adjustments

Highlighted adjustment points make it easy for even beginners to select a weight, adjust our selectorized station to their unique body and start a quick set.



Ergonomic Sculpting

The handles and touchpoints of our selectorized stations are sculpted with the human form in mind, making even intense workouts comfortable.



Excellent Accessibility

Open frames make it easy for users to enter and exit our selectorized stations, improving the flow of your fitness center.



Instructional Insights

Included instructional placards highlight targeted muscle groups and demonstrate the exercise, helping beginners get started and enthusiasts refine form.



Fully Enclosed Weight Stack

A fully enclosed weight stack protects the station's internal components from dust and debris, minimizing maintenance for you and your staff.

SINGLE STATIONS

SELECTORIZED STRENGTH



CHEST PRESS
VST600-S13



SHOULDER PRESS
VST600-S23



LEG PRESS
VST600-S70



ROTARY TORSO
VST600-S55



LATERAL RAISE

VST600-S21



PRONE LEG CURL

VST600-S73



ROTARY HIP

VST600-S76

DUAL STATIONS

SELECTORIZED STRENGTH



LAT PULLDOWN / SEATED ROW
VST600-S331



CHIN / DIP ASSIST
VST600-S601



AB / LOW BACK
VST600-S531



HIP ABDUCTOR / ADDUCTOR
VST600-S741



LEG EXTENSION / LEG CURL

VST600-S711



BICEPS / TRICEPS

VST600-S401



PEC FLY / REAR DELT

VST600-S221



PLATE-LOADED & FREE WEIGHTS

FOR LASTING DURABILITY & INCREDIBLE RESULTS

Now you can satisfy the needs of the most dedicated strength training enthusiasts for years to come with our plate-loaded and free weight solutions. Developed to maximize major muscle groups using heavy loads, each durable design has passed a lifecycle test of over a million reps, more than four times the industry standard. Refined ergonomics keep even the most intense workouts comfortable, and everything is as easy-to-use as it is virtually maintenance-free. Choose our plate-loaded and free weight solutions to complete your strength offering today.



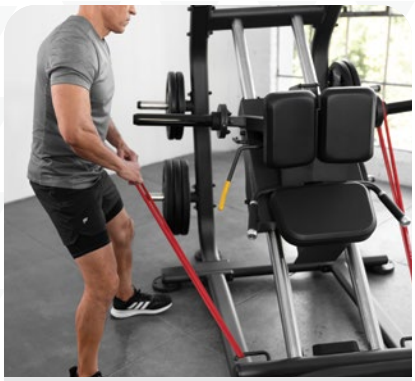
Refined Ergonomics

The molded polyurethane foam pads and contoured touchpoints are sculpted with the human form in mind, making even intense workouts comfortable.



Natural Motions

Independent converging motions encourage a natural and effective path of movement for smooth, comfortable reps that put less stress on joints.



Training Variety

Built-in band pegs allow for resistance training that can be done with or without weight plates, offering increased exercise variety and explosive movement options.



Superior Stability

Extensive testing that mimics both normal and extreme use validates the superior stability of our design.

PLATE-LOADED



SHOULDER PRESS

VST700-PL23

Gas-assisted seat adjustment · Four weight storage horns



LAT PULLDOWN

VST700-PL33

Gas-assisted seat adjustment · Four weight storage horns



INCLINE LEVER ROW

VST700-PL36

Pivoting, dual-grip handles maximize training variety · Two different foot positions accommodate users of different heights



SMITH MACHINE

VST700-PL62

90-degree path of motion accommodates a variety of exercises · Linear bearings for smooth operation · Counter-balanced 9.7-kg / 21-lb. bar takeoff for low starting resistance. · Open frame makes it easy to enter and exit · Six weight storage horns



LEG PRESS

VST700-PL70

Extra-large, non-slip platform provides secure and comfortable foot placement · Angle of the back pad easily adjusts to maximize comfort · Assistance handle on the foot plate makes it easy to enter and exit · Two weight storage horns



HACK SQUAT

VST700-PL81

Extra-large, non-slip platform provides secure and comfortable foot placement · Four weight storage horns · Spring-loaded locking design makes beginning easier and encourages smooth reps



SEATED CALF RAISE

VST700-PL77

Curved, angled footpad maximizes calf muscle recruitment · Seat moves smoothly with the bar for perfect alignment · Quick-release bar catch makes starting a set easy · Knee pad adjusts quickly and easily



GLUTE TRAINER

VST700-PL78

Optimized user positioning lets users securely and comfortably mimic hip bar thrusting · Maximum effective resistance of 222 kg / 489 lbs. · Extra-large, non-slip platform provides secure and comfortable foot placement

FREE WEIGHTS



OLYMPIC FLAT BENCH
VST700-FW78

Wide back pad enhances stability during heavy lifts · Four weight storage horns with horn bumpers to protect frame finish · Molded guards protect Olympic bars from damage while reducing noise



OLYMPIC FLAT SPOTTER BENCH
VST700-FW88

Five-position adjustable spotter arm · Wide back pad enhances stability during heavy lifts · Four weight storage horns with horn bumpers to protect frame finish · Molded guards protect Olympic bars from damage while reducing noise



OLYMPIC INCLINE BENCH
VST700-FW79

Easily adjusts to 6 positions to comfortably accommodate varying user sizes · Four weight storage horns with horn bumpers to protect frame finish · Molded guards protect Olympic bars from damage while reducing noise · Built in spotter platform · Optional four inner horns for additional storage (VST700-FWSH)



WEIGHT TREE
VS700-FW67

Eight angled weight storage horns position the heaviest weight plates farther from the ground for easier removal and replacement · Band holder offers convenient storage for multiple resistance bands · Horn bumpers protect frame finish



DUMBBELL RACK
VST600-FW510

Holds 10 pairs of pro-style dumbbells (not included) · 15-degree angle minimizes wrist strain when removing and replacing dumbbells · Cradles hold dumbbells securely to prevent rolling



ADJUSTABLE BENCH

VST600-FW82

Backrest easily adjusts to six secure positions for a range of exercises · Wide back pad provides excellent stability during heavy lifts · Integrated wheels offer easy transport and storage



FLAT BENCH

VST700-FW59

Wide back pad enhances stability during heavy lifts · Integrated wheels make it easy to move within facility



UTILITY BENCH

VST700-FW87

Ergonomic back pad support for stability and comfort



BACK EXTENSION BENCH

VST700-FW52

Easily adjusts to 13 positions to comfortably accommodate varying user sizes · Angled bench design makes it easy to enter and exit · Built-in band pegs allow for resistance training · Nonslip footpads and lower leg pads enhance comfort and stability



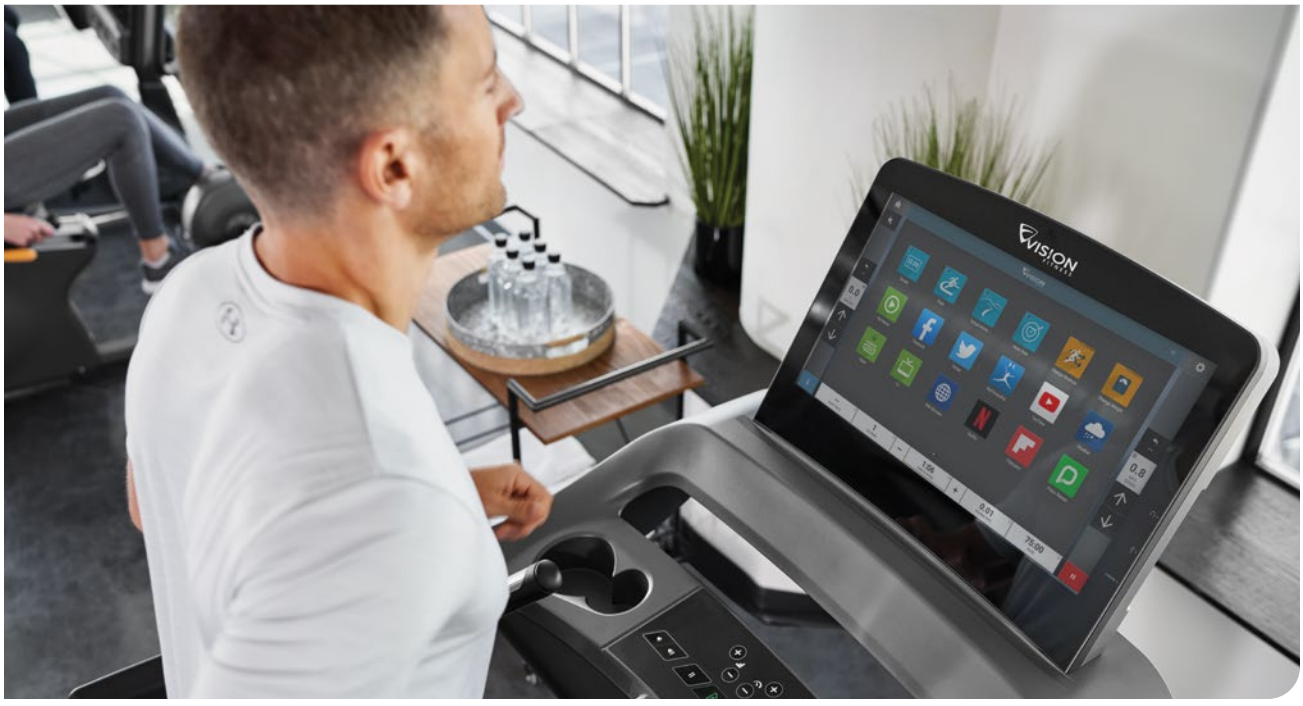
VKR W/CHIN

VST700-FW63

Angled back support, elbow pads and oversized, round handles for stability and comfort · Multiple chin-up grips add exercise variety

SPECIFICATIONS

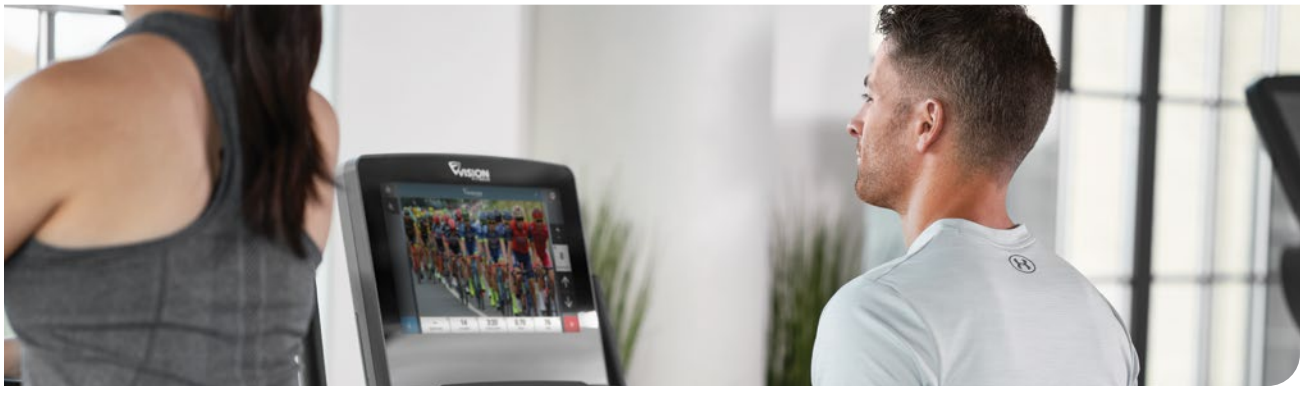
FEATURE	T600E **TREADMILL**	T600 **TREADMILL**
FRAME		
Model Number	T600E-02	T600-03
Frame Type	Heavy gauge welded steel	Heavy gauge welded steel
Running Area	152 x 55.4 cm / 60" x 22"	152 x 55.4 cm / 60" x 22"
Cushioning System	UltraZone cushioning system	UltraZone cushioning system
Deck Thickness	25.4 mm / 1" reversible	25.4 mm / 1" reversible
Drive System	4.2 hp AC dynamic response drive system	4.2 hp AC dynamic response drive system
Speed Range	0.8–22 km/h / 0.5–13.8 mph (220 V) or 0.8–19.3 km/h / 0.5–12 mph (100–120 V)	0.8–22 km/h / 0.5–13.8 mph (220 V) or 0.8–19.3 km/h / 0.5–12 mph (100–120 V)
Incline Range	0–15%	0–15%
Extras	Water bottle holder, reading rack	Water bottle holder, reading rack
TECH SPECS		
Assembled Dimensions	215 x 91 x 165 cm / 85" x 36" x 65"	215 x 91 x 154 cm / 85" x 36" x 61"
Assembled Weight	185 kg / 408 lbs.	178 kg / 392 lbs.
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.
Power Requirements	220 V / 50–60 Hz or 100–120 V	220 V / 50–60 Hz or 100–120 V
Power Supply	NEMA 6–20 (220 V) or NEMA 5–15 (100–120 V) (requirement may vary outside the USA)	NEMA 6–20 (220 V) or NEMA 5–15 (100–120 V) (requirement may vary outside the USA)
CONSOLE		
Model Number	N/A	N/A
Display	22" class capacitive touchscreen LCD	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, HR zone display
Programs	Go, Manual, Sprint 8®, Virtual Active, Target Heart Rate, Fat Burn, Rolling Hills, Time Goal, Distance Goal, Calorie Goal, 6 Fitness Tests, Custom, HIIT Mode	Manual, Interval, Time Goal, Distance Goal, Calories Goal, Random, Target HR, Weight Loss, Fitness Test
Workout Feedback	Time, Pace, Incline, Distance, Speed, Level, Calories, METs, Target HR, Actual HR, Profile	Time, Pace, Incline, Distance, Speed, Level, Calories, METs, Target HR, Actual HR, Profile
Heart Rate	Contact, telemetric, Bluetooth	Contact, telemetric, Bluetooth
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan	English, German, French, Italian, Spanish, Dutch, Portuguese, Russian, Polish
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console	No
CSAFE	Yes	No
Analog TV	Optional; NTSC, PAL, SECAM	No
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2	No
Pro:Idiom Compatibility	Optional; via coax	No
WiFi	Yes	No
Bluetooth	Yes; Heart rate, headphones, FTMS transmits speed and other data to training apps	Yes; Heart rate, FTMS transmits speed and other data to training apps
USB Port	Yes; device charging, device media, software updates	No



FEATURE	S700E **ASCENT TRAINER®**	S70 **ASCENT TRAINER**	S600E **ELLIPTICAL**	S60 **ELLIPTICAL**
FRAME				
Model Number	S700E	S70	S-600E-F	S60-05
Frame Type	Ascent Trainer	Ascent Trainer	Suspension Elliptical	Suspension Elliptical
Stride Length	51–58 cm / 20"–23"	51–58 cm / 20"–23"	53.3 cm / 21"	53.3 cm / 21"
Step-on Height	21.6 cm / 8.5"	21.6 cm / 8.5"	23 cm / 9"	23 cm / 9"
Power Incline	15%–37%	15%–37%	No	No
Resistance System	2-stage generator	2-stage self-generating power	2-stage generator	2-stage generator
Resistance Range	1–20	1–20	1–25	1–25
Pedal Type	Oversized with rubber inserts	Oversized with rubber inserts	Oversized with rubber inserts	Oversized with rubber inserts
Pedal Spacing	5.1 cm / 2"	5.1 cm / 2"	5.1 cm / 2"	5.1 cm / 2"
Handlebar Design	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips	Multi-position dual action with resistance / incline toggles, stationary with contact heart rate grips	Dual action and stationary with contact heart rate grips	Dual action and stationary with contact heart rate grips
Extras	Water bottle holder, reading rack	Water bottle holder, reading rack	Water bottle holder, reading rack	Water bottle holder, reading rack
TECH SPECS				
Assembled Dimensions	191 x 89 x 173 cm / 75" x 35" x 68"	191 x 89 x 173 cm / 75" x 35" x 68"	186 x 75 x 164 cm / 74" x 29.5" x 64.5"	186 x 75 x 164 cm / 74" x 29.5" x 64.5"
Assembled Weight	163.5 kg / 360 lbs.	160 kg / 352 lbs.	146.5 kg / 323 lbs	140 kg / 308 lbs.
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Power Requirements	100–240 V — 50/60 Hz AC	Self-powered, optional power cord	By power adapter; output: 12 V DC, 5 A	Self-powered
CONSOLE				
Model Number	N/A	N/A	SUR-600E-C	N/A
Display	16" class capacitive touchscreen LCD	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs	16" class capacitive touchscreen LCD	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display
Programs	Go, manual, Sprint 8, Virtual Active, target heart rate, interval training, fat burn, rolling hills, constant watts, glutes, time goal, distance goal, calorie goal, fitness tests, custom	Sprint 8, Manual, Interval, Fat Burn, Random, Target HR, HR Weight Loss, HR Interval, HR Hill, Trail 2K, Trail 8K, Glute Burn, Summit Hike, Mountain Trek, Stair Climb, Fitness Test, Custom	Go, Manual, Sprint 8, Virtual Active, Target Heart Rate, Interval Training, Fat Burn, Rolling Hills, Constant Watts, Time Goal, Distance Goal, Calorie Goal, Fitness Tests, Custom	Manual, Interval, Fat Burn, Random, HR Weight Loss, HR Interval, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal
Workout Feedback	Distance, Speed, HR, % Max HR, Watts, METs, RPM, Calories, Time, Resistance	Distance, Speed, HR, % Max HR, Watts, METs, RPM, Calories, Time, Resistance	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile
Heart Rate	Contact, telemetric & Bluetooth HR	Contact grips, telemetric HR	Contact, telemetric, Bluetooth	Contact, telemetric, Bluetooth
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan	English	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan	English, German, French, Italian, Spanish, Dutch, Portuguese
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console	No	Yes; screen cast of smart devices that support HDMI out to console	No
CSAFE	Yes	Yes	Yes	No
Analog TV	Optional; NTSC, PAL, SECAM	No	Optional; NTSC, PAL, SECAM	No
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2	No	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2	No
Pro:Idiom Compatibility	Optional; via coax	No	Optional; via Coax	No
WiFi	Yes	No	Yes	No
Bluetooth	N/A	N/A	Yes; Heart rate, headphones, FTMS transmits speed and other data to training apps	Yes; Heart rate, FTMS transmits speed and other data to training apps
USB Port	Yes; device charging, device media, software updates	No	Yes; device charging, device media, software updates	No

SPECIFICATIONS

FEATURE	U600E **UPRIGHT BIKE**	U60 **UPRIGHT BIKE**	R600E **RECUMBENT BIKE**	R60 **RECUMBENT BIKE**
FRAME				
Model Number	U-600E-F	U60-04	R-600E-F	R60-04
Q-Factor	198mm / 7.8"	198mm / 7.8"	200mm / 7.9"	200mm / 7.9"
Frame Type	Heavy-gauge welded steel, upright	Heavy-gauge welded steel, upright	Heavy-gauge welded steel, recumbent	Heavy-gauge welded steel, recumbent
Pedal Type	Self-balancing with adjustable straps	Self-balancing with adjustable straps	Self-balancing with adjustable straps	Self-balancing with adjustable straps
Seat Type	Pure Comfort seat	Pure Comfort seat	Pure Comfort seat	Pure Comfort seat
Seat Adjustment	15 positions, up / down	15 positions, up / down	28 positions	28 positions
Resistance System	2-stage generator	2-stage generator	2-stage generator	2-stage generator
Resistance Range	1-25	1–25	1–25	1–25
Handlebar Design	Multi-position handlebars with armrests and contact heart rate grips	Multi-position handlebars with armrests and contact heart rate grips	Console and seat-mounted with contact heart rate grips	Console and seat-mounted with contact heart rate grips
Extras	Water bottle holder, reading rack	Water bottle holder, reading rack	Water bottle holder, reading rack	Water bottle holder, reading rack
TECH SPECS				
Assembled Dimensions	104 x 65 x 144 cm / 41" x 25.6" x 56.7"	104 x 65 x 138.3 cm / 41" x 25.6" x 54.4"	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"	161.9 x 72.5 x 138.3 cm / 63.7" x 28.5" x 54.4"
Assembled Weight	57 kg / 125 lbs.	52 kg / 115 lbs.	74.5 kg / 164 lbs.	70 kg / 154 lbs.
Max User Weight	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.	182 kg / 400 lbs.
Power Requirements	By power adapter, output: 12 V DC, 5 A	Self-powered	By power adapter, output: 12 V DC, 5 A	Self-powered
CONSOLE				
Model Number	SUR-600E-C	N/A	SUR-600E-C	N/A
Display	16" class capacitive touchscreen LCD	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display	16" class capacitive touchscreen LCD	10 x 14 white dot-matrix LED profile display, alphanumeric LEDs, dedicated HR zone display
Programs	Go, Manual, Sprint 8®, Virtual Active, Target Heart Rate, Interval Training, Fat Burn, Rolling Hills, Constant Watts, Time Goal, Distance Goal, Calorie Goal, Fitness Tests, Custom	Manual, Interval, Fat Burn, Random, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal, HR Weight Loss, HR Interval	Go, Manual, Sprint 8, Virtual Active, Target Heart Rate, Interval Training, Fat Burn, Rolling Hills, Constant Watts, Time Goal, Distance Goal, Calorie Goal, Fitness Tests, Custom	Manual, Interval, Fat Burn, Random, Constant Watts, Interval Watts, Hill Watts, Time Goal, Distance Goal, Calories Goal, HR Weight Loss, HR Interval
Workout Feedback	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile	Time, Distance, Calories, Speed, Resistance, Level, RPM, METs, Watts, HR, Target HR, % Max HR, Profile
Heart Rate	Contact, telemetric, Bluetooth	Contact, telemetric, Bluetooth	Contact, telemetric, Bluetooth	Contact, telemetric, Bluetooth
Languages	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan	English, German, French, Italian, Spanish, Dutch, Portuguese	English, German, French, Italian, Spanish, Dutch, Portuguese, Chinese-S, Chinese-T, Japanese, Korean, Swedish, Finnish, Russian, Arabic, Turkish, Polish, Welsh, Basque, Vietnamese, Somali, Danish, Thai, Malay, Catalan	English, German, French, Italian, Spanish, Dutch, Portuguese
HDMI IN Port	Yes; screen cast of smart devices which support HDMI out to console	No	Yes; screen cast of smart devices which support HDMI out to console	No
CSAFE	Yes	No	Yes	No
Analog TV	Optional; NTSC, PAL, SECAM	No	Optional; NTSC, PAL, SECAM	No
Digital TV	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2	No	Optional; ATSC 1.0, QAM-B, ISDB-T, ISDB-Tb, DVB-C/S/S2/T/T2	No
Pro:Idiom Compatibility	Optional; via coax	No	Optional; via coax	No
WiFi	Yes	No	Yes	No
Bluetooth	Yes; Heart rate, headphones, FTMS transmits speed and other data to training apps	Yes; Heart rate, FTMS transmits speed and other data to training apps	Yes; Heart rate, headphones, FTMS transmits speed and other data to training apps	Yes; Heart rate, FTMS transmits speed and other data to training apps
USB Port	Yes; device charging, device media, software updates	No	Yes; device charging, device media, software updates	No



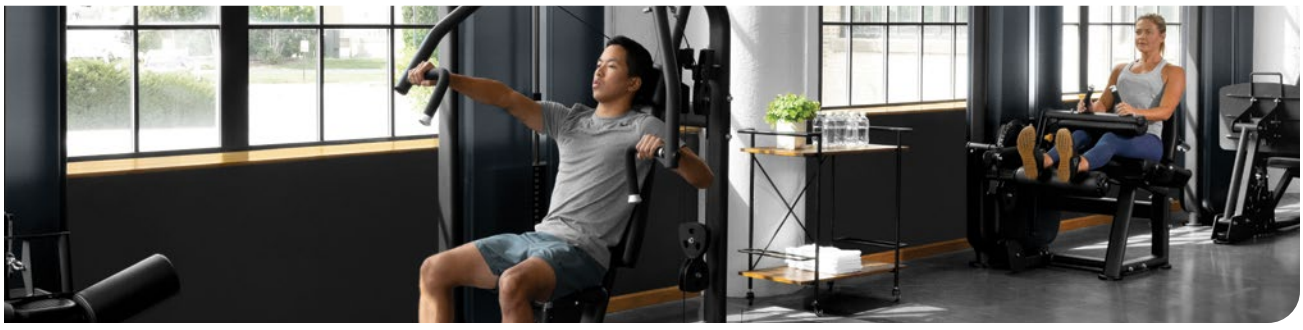
FEATURE	IC700 **INDOOR CYCLE**	AB700 **AIR BIKE**
DRIVE		
Drive Train	Poly-V Belt	Poly-V Belt
FEATURES		
Bluetooth FTMS Connectivity	No	No
Water Bottle Holder	Dual, integrated on handlebar	Yes
Transport Wheels	2	2
Device Storage	Built-in phone holder	No
Power Measurement (Watts)	No	No
Generator Powered	No	No
Power Requirements	No	No
Resistance System	Magnetic	Air
Posts & Sliders	Aluminum, pin-to-lock vertical adjustment	Pin-to-lock adjustment
Handlebar	Ergo-formed, multi-position, soft PVC	Ergo-formed, multi-position, PVC
Handlebar Adjustments	Vertical & horizontal	No
Saddle	Ergonomically sculpted seat	Ergonomically sculpted seat
Saddle Adjustments	Vertical & horizontal	Vertical & horizontal
FRAME		
Frame Color	Matte black	Matte black
Frame Material	Steel	Steel
Pedal Type	Dual-sided SPD & toe cage	Wide pedal with anti-slip texture
Leveling Feet	4	4
Shrouds and Guards	Yes	Yes
TECH SPECS		
Max. User Weight	159 kg / 350 lbs.	150 kg / 330 lbs.
Product Weight	58 kg / 127.6 lbs	70 kg / 154.3 lbs.
Overall Dimensions (L x W x H)	127 x 62 x 108 cm / 50" x 24.4" x 42.5"	128 x 71 x 131 cm / 50.5" x 28" x 51.7"
CONSOLE		
Model Number	GTC LCD-C	GTC LCD-C
Display	Wireless LCD	Wireless LCD
Training Feedback	RPM, HR (w/strap), Distance, Calories, Time	RPM, HR (w/strap), Distance, Calories, Time
Heart Rate Connectivity	ANT+, 5 KHz	ANT+, 5 KHz
Power Requirements	3 AAA batteries in console, CR2032 coin battery in speed sensor	3 AAA batteries in console, CR2032 coin battery in speed sensor
Product Weight	0.22 kg / 0.48 lbs	0.22 kg / 0.48 lbs.
Overall Dimensions (L X W X H)	7 x 3 x 14.1 cm / 2.75" x 1.18" x 5.55"	7 x 3 x 14.1 cm / 2.75" x 1.18" x 5.55"

FEATURE	**FUNCTIONAL TRAINER** VST600-FT-02
ADJUSTMENTS	
Color-coded Pivots & Points of Adjustment	Yes
User Adjustment Range	18 user start options
FRAME & CABLES	
Available Frame Color	Black
Frame Finish	Proprietary two-coat powder process
Cable Transmission	Internally lubricated cables and fittings
TECH SPECS	
Overall Dimensions	155 x 106 x 219 cm / 66" x 41.7" x 86.2"
Product Weight	429 kg / 945 lbs.
USER AMENITIES	
Included Accessories	2 D-rings
Optional Handle Package (VST600-FTHP)	V-Bar, Triceps Rope, Curl Bar
Placards	Muscle call outs, color-coded, start and finish exercise illustrations
Placard Color Coding	Yellow (upper body), blue (lower body), green (core)
Attachment Storage	6 pegs
Multi-grip Pull-up Bars	Various grip angles for variety of exercise
WEIGHT STACK	
Total Stack Weight	190 kg / 418.8 lbs. (95 kg / 209.4 lbs. per side)

SPECIFICATIONS

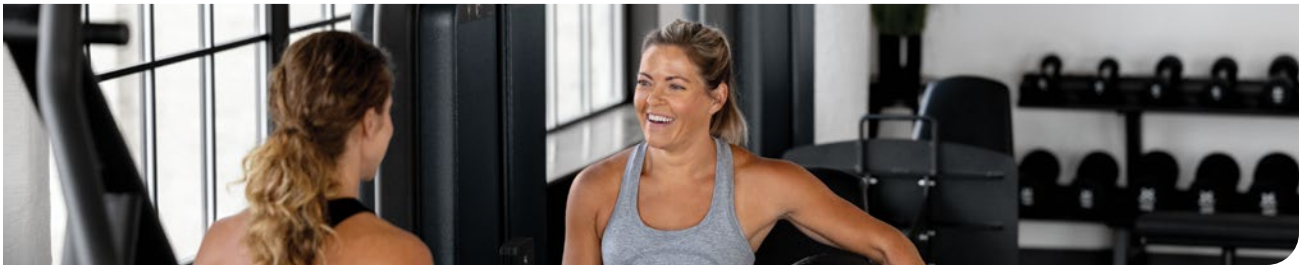
FEATURE	CHEST PRESS VST600-S13	LATERAL RAISE VST600-S21	LEG PRESS VST600-S70	PRONE LEG CURL VST600-S73
ADJUSTMENTS				
User Adjustment Range	5 user height positions	5 user height positions	10 user height positions	6 user height positions
Color-coded Pivots & Points of Adjustment	Yes	Yes	Yes	Yes
FRAME & CABLES				
Frame Color	Matte Black	Matte Black	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
Cable Transmission	Internally lubricated cables and fittings	Internally lubricated cables and fittings	Internally lubricated cables and fittings	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations	4 anchoring locations	4 anchoring locations	4 anchoring locations
TECH SPECS				
Overall Dimensions	115.4 x 142.5 x 196.0 cm / 45.4" x 56.1" x 77.2"	106.0 x 124.5 x 170.5 cm / 41.7" x 49.0" x 67.1"	207.0 x 96.5 x 170.5 cm / 81.5" x 38.0" x 67.1"	149.5 x 96.5 x 170.5 cm / 58.9" x 38.0" x 67.1"
Product Weight	224 kg / 493 lbs.	173.3 kg / 382 lbs.	311.8 kg / 686 lbs.	197.5 kg / 435 lbs.
USER AMENITIES				
Instructional Placards	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Yellow (upper body)	Yellow (upper body)	Green (lower body)	Green (lower body)
Contoured seat	Yes	Yes	Yes	Yes
WEIGHT STACK				
Total Stack Weight	100 kg / 220 lbs.	68.2 kg / 150 lbs.	177.3 kg / 390 lbs.	100 kg / 220 lbs.
Weight Plate Increments	6.8 kg / 15 lbs.	4.5 kg / 10 lbs.	9.1 kg / 20 lbs.	6.8 kg / 15 lbs.
Consistent Stack Height	Yes	Yes	Yes	Yes
Weight Stack Guarding	Full front and rear shields	Full front and rear shields	Full front and rear shields	Full front and rear shields

FEATURE	ROTARY HIP VST600-S76	ROTARY TORSO VST600-S55	SHOULDER PRESS VST600-S23
ADJUSTMENTS			
User Adjustment Range	5 user height positions	8 user start options	5 user height positions
Color-coded Pivots & Points of Adjustment	Yes	Yes	Yes
FRAME & CABLES			
Frame Color	Matte Black	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
Cable Transmission	Internally lubricated cables and fittings	Internally lubricated cables and fittings	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations	4 anchoring locations	4 anchoring locations
TECH SPECS			
Overall Dimensions	116.5 x 135.5 x 172.5 cm / 45.9" x 53.3" x 67.9"	133.0 x 130.0 x 170.5 cm / 52.4" x 51.2" x 67.1"	150.9 x 142.0 x 170.5 cm / 59.4" x 55.9" x 67.1"
Product Weight	226 kg / 498 lbs.	197.3 kg / 435 lbs.	194.2 Kg / 427 lbs.
USER AMENITIES			
Instructional Placards	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Green (lower body)	Red (core)	Yellow (upper body)
Contoured seat	N/A	Yes	Yes
WEIGHT STACK			
Total Stack Weight	100 kg / 220 lbs.	68.2 kg / 150 lbs.	68.2 kg / 150 lbs.
Weight Plate Increments	6.8 kg / 15 lbs.	4.5 kg / 10 lbs.	4.5 kg / 10 lbs.
Consistent Stack Height	Yes	Yes	Yes
Weight Stack Guarding	Full front and rear shields	Full front and rear shields	Full front and rear shields



FEATURE	AB / LOW BACK VST600-S531	BICEPS / TRICEPS VST600-S401	CHIN / DIP ASSIST VST600-S601	HIP ABDUCTOR / ADDUCTOR VST600-S741
ADJUSTMENTS				
User Adjustment Range	5 user start positions	N/A	N/A	8 user start positions
Color-coded Pivots & Points of Adjustment	Yes	Yes	Yes	Yes
FRAME & CABLES				
Frame Color	Matte Black	Matte Black	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
Cable Transmission	Internally lubricated cables and fittings	Internally lubricated cables and fittings	Internally lubricated cables and fittings	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations	4 anchoring locations	5 anchoring locations	4 anchoring locations
TECH SPECS				
Overall Dimensions	126.5 x 113.0 x 170.5 cm / 49.8" x 44.5" x 67.1"	84.0 x 159.0 x 215.0 cm / 33.1" x 62.6" x 84.6"	128.0 x 143.5 x 239.6 cm / 50.4" x 56.5" x 94.3"	80.0 x 177.5 x 170.5 cm / 31.5" x 69.9" x 67.1"
Product Weight	223 kg / 491 lbs.	181.3 kg / 399 lbs.	222 kg / 489 lbs.	233.5 kg / 514 lbs.
USER AMENITIES				
Instructional Placards	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Red (core)	Yellow (upper body)	Yellow (upper body)	Green (lower body)
Contoured seat	Yes	N/A	N/A	Yes
WEIGHT STACK				
Total Stack Weight	100 kg / 220 lbs.	68.2 kg / 150 lbs.	100 kg / 220 lbs.	100 kg / 220 lbs.
Weight Plate Increments	6.8 kg / 15 lbs.	6.8 kg / 15 lbs.	6.8 kg / 15 lbs.	6.8 kg / 15 lbs.
Consistent Stack Height	Yes	Yes	Yes	Yes
Weight Stack Guarding	Full front and rear shields	Full front and rear shields	Full front and rear shields	Full front and rear shields

FEATURE	LAT PULLDOWN / SEATED ROW VST600-S331	LEG EXTENSION / LEG CURL VST600-S711	PEC FLY / REAR DELT VST600-S221
ADJUSTMENTS			
User Adjustment Range	N/A	8 user start positions	Adjustable start position from front to rear
Color-coded Pivots & Points of Adjustment	Yes	Yes	Yes
FRAME & CABLES			
Frame Color	Matte Black	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
Cable Transmission	Internally lubricated cables and fittings	Internally lubricated cables and fittings	Internally lubricated cables and fittings
Machine Anchoring	4 anchoring locations	4 anchoring locations	4 anchoring locations
TECH SPECS			
Overall Dimensions	120.5 x 201.0 x 215.0 cm / 47.4" x 79.1" x 84.6"	150.0 x 118.0 x 170.5 cm / 59.1" x 46.5" x 67.1"	80.0 x 134.0 x 211.8 cm / 31.5" x 52.8" x 83.4"
Product Weight	219 kg / 482 lbs.	246 kg / 542 lbs.	263.3 kg / 580 lbs.
USER AMENITIES			
Instructional Placards	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations
Placard Color Coding	Yellow (upper body)	Green (lower body)	Yellow (upper body)
Contoured seat	Yes	Yes	Yes
WEIGHT STACK			
Total Stack Weight	100 kg / 220 lbs.	100 kg / 220 lbs.	131.8 kg / 290 lbs.
Weight Plate Increments	6.8 kg / 15 lbs.	6.8 kg / 15 lbs.	9.1 kg / 20 lbs.
Consistent Stack Height	Yes	Yes	Yes
Weight Stack Guarding	Full front and rear shields	Full front and rear shields	Full front and rear shields



SPECIFICATIONS

FEATURE	SHOULDER PRESS VST700-PL23	LAT PULLDOWN VST700-PL33	INCLINE LEVER ROW VST700-PL36	SMITH MACHINE VST700-PL62
FRAME				
Frame Color	Matte Black	Matte Black	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
TECH SPECS				
Overall Dimensions	152.9 x 151.1 x 142.9 cm / 60.2" x 59.5" x 56.3"	168.8 x 162.3 x 195.5 cm / 66.5" x 63.9" x 77"	199.1 x 130 x 125.4 cm / 78.4" x 51.2" x 49.4"	224.3 x 122.5 x 232.2 cm / 88.3" x 48.2" x 91.4"
Product Weight	143.4 kg / 316 lbs.	147 kg / 325 lbs.	98 kg / 216 lbs.	204 kg / 449 lbs.
Max. User Weight	150 kg / 330 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.
Max. Training Weight	200 kg / 440 lbs.	300 kg / 660 lbs.	150 kg / 330 lbs.	250 kg / 550 lbs.
Starting Resistance	12.3 kg / 27 lbs.	3.7 kg / 8 lbs.	16.8 kg / 37 lbs.	9.7 kg / 21 lbs.
USER AMENITIES				
Instructional Placards	Muscle call outs, start and finish exercise illustrations		Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations
Upholstery	Polyurethane molded foam	Polyurethane molded foam	Polyurethane molded foam	N/A
Elastic Band Peg	Allows elastic resistance training	Allows elastic resistance training	Allows elastic resistance training	No
Weight-Storage Horns	4 weight-storage horns for max. 25-kg / 55-lb. plates	4 weight-storage horns for max. 25-kg / 55-lb. plates	No	6 weight-storage horns for max. 20-kg / 45-lb. plates

FEATURE	LEG PRESS VST700-PL70	HACK SQUAT VST700-PL81	SEATED CALF RAISE VST700-PL77	GLUTE TRAINER VST700-PL78
FRAME				
Frame Color	Matte Black	Matte Black	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
TECH SPECS				
Overall Dimensions	231.5 x 138.4 x 150.9 cm / 91.1" x 54.5" x 59.4"	219.1 x 136.4 x 145.1 cm / 86.3" x 53.7" x 57.1"	152.8 x 75 x 92 cm / 60.2" x 29.5" x 36.2"	123.5 x 145.4 x 106.3 cm / 48.6" x 57.2" x 41.9"
Product Weight	209 kg / 461 lbs.	200 kg / 440 lbs.	62 kg / 137 lbs.	132.5 kg / 292 lbs.
Max. User Weight	150 kg / 330 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.
Max. Training Weight	300 kg / 660 lbs.	250 kg / 550 lbs.	150 kg / 330 lbs.	100 kg / 220 lbs.
Starting Resistance	29 kg / 64 lbs.	36 kg / 79 lbs.	38 kg / 84 lbs.	20 kg / 44 lbs.
USER AMENITIES				
Instructional Placards	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations	Muscle call outs, start and finish exercise illustrations
Upholstery	Polyurethane molded foam	Polyurethane molded foam	Polyurethane molded foam	Polyurethane molded foam
Elastic Band Peg	Allows elastic resistance training	Allows elastic resistance training	Allows elastic resistance training	Allows elastic resistance training
Weight-Storage Horns	2 weight-storage horns for max. 25-kg / 55-lb. plates	4 weight-storage horns for max. 25-kg / 55-lb. plates	No	No



FEATURE	OLYMPIC FLAT BENCH VST700-FW78	OLYMPIC FLAT SPOTTER BENCH VST700-FW88	OLYMPIC INCLINE BENCH VST700-FW79	BACK EXTENSION BENCH VST700-FW52
FRAME				
Frame Color	Matte Black	Matte Black	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
TECH SPECS				
Overall Dimensions	183 x 170.9 x 131.4 cm / 72.1" x 67.3" x 51.7"	183 x 170.9 x 131.4 cm / 72.1" x 67.3" x 51.7"	183 x 186.5 x 153.1 cm / 72.1" x 73.4" x 60.3"	134.3 x 93.8 x 99.9 cm / 52.9" x 36.9" x 39.3"
Product Weight	85.1 kg / 187 lbs.	111 kg / 245 lbs.	117.5 kg / 259 lbs.	44 kg / 97 lbs.
Max. User Weight	150 kg / 330 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.
Max. Training Weight	300 kg / 660 lbs.	300 kg / 660 lbs.	300 kg / 660 lbs.	25 kg / 55 lbs."
USER AMENITIES				
Upholstery	Polyurethane molded foam	Polyurethane molded foam	Polyurethane molded foam	Polyurethane molded foam
Inner Storage Horns	Optional 4 inner horns for extra weight-storage (VST700-FWSH)	Optional 4 inner horns for extra weight-storage (VST700-FWSH)	Optional 4 inner horns for extra weight-storage (VST700-FWSH)	N/A
Spotter Platform	Optional (VST700-FWSP)	Optional (VST700-FWSP)	Included	N/A

FEATURE	ADJUSTABLE BENCH VST600-FW82	FLAT BENCH VST700-FW59	UTILITY BENCH VST700-FW87	VKR W/CHIN VST700-FW63
FRAME				
Frame Color	Matte Black	Matte Black	Matte Black	Matte Black
Frame Finish	Yes	Proprietary two-coat powder process	Proprietary two-coat powder process	Proprietary two-coat powder process
TECH SPECS				
Overall Dimensions	135 x 70 x 51 cm / 53" x 27.5" x 20"	133 x 83.8 x 43.2 cm / 52.4" x 33" x 17"	100.4 x 88 x 96.4 cm / 39.5" x 34.7" x 38"	158.5 x 146.7 x 240.3 cm / 62.4" x 57.8" x 94.6"
Product Weight	42 kg / 92.6 lbs.	25 kg / 55 lbs.	23 kg / 51 lbs.	118.5 kg / 261 lbs.
Max. User Weight	100 kg / 220 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.	150 kg / 330 lbs.
Max. Training Weight	200 kg / 440 lbs.	300 kg / 660 lbs.	N/A	N/A
USER AMENITIES				
Upholstery	Ergonomic pad for great comfort	Polyurethane molded foam	Polyurethane molded foam	Polyurethane molded foam

FEATURE	DUMBBELL RACK VST600-FW510	WEIGHT TREE VST700-FW67
FRAME		**VST600-FW67**
Frame Color	Matte Black	Matte Black
Frame Finish	Proprietary two-coat powder process	Proprietary two-coat powder process
TECH SPECS		
Overall Dimensions	212 x 65 x 80 cm / 83.5" x 25.6" x 31.5"	91.6 x 83.1 x 120.8 cm / 36.1" x 32.7" x 47.6"
Product Weight	57 kg / 125.7 lbs.	47 kg / 104 lbs.
USER AMENITIES		
Band Storage	N/A	1 peg for resistance band storage
Weight Storage	10 pairs of pro-style dumbbells, Max 750 kg / 1650 lbs.	8 weight-storage horns for max. 25-kg / 55-lb. plates







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