

| Machine                           | Weight Stack<br>(ft-lbs unless noted) | Machine Weight<br>(pounds) | Dimensions<br>(inches LxWxH) |
|-----------------------------------|---------------------------------------|----------------------------|------------------------------|
| <i>Medical Machines</i>           |                                       |                            |                              |
| Lumbar Extension                  | 400                                   | 2144                       | 89x62x76                     |
| Cervial Extension                 | 900                                   | 1570                       | 68x48x66                     |
| <i>Core Spinal Fitness System</i> |                                       |                            |                              |
| Core Ab Isolator                  | 300                                   | 828                        | 69x44x74                     |
| Core Cervical                     | 400                                   | 688                        | 60x44x72                     |
| Core Torso Rotation               | 400                                   | 1075                       | 58x78x73                     |
| Core Lumbar Extension             | 400                                   | 1127                       | 76x46x79                     |
| Core Super Stretch                | n/a                                   | 290                        | 99x93x79                     |
| <i>Selectorized</i>               |                                       |                            |                              |
| Seated Rowing                     | 500                                   | 876                        | 42x63x77                     |
| Torso Arm                         | 500                                   | 850                        | 53x44x85                     |
| Leg Extension                     | 500                                   | 902                        | 59x38x77                     |
| Triceps                           | 300                                   | 707                        | 42x49x67                     |
| Pullover                          | 2x300                                 | 1252                       | 67x59x67                     |
| Chest Press                       | 600                                   | 1030                       | 42x53x82                     |
| Overhead Press                    | 500                                   | 875                        | 42x54x77                     |
| Seated Dip                        | 500                                   | 797                        | 42x44x77                     |
| Arm Curl                          | 300                                   | 669                        | 36x37x67                     |
| Arm Cross                         | 400                                   | 850                        | 42x52x76                     |
| Seated Leg Curl                   | 400                                   | 678                        | 37x61x67                     |
| Lateral Raise                     | 300                                   | 735                        | 42x57x67                     |
| Hip Abductor                      | 300                                   | 680                        | 78x42x67                     |
| Hip Adductor                      | 400                                   | 780                        | 78x42x72                     |
| Leg Press                         | 2x500                                 | 2030                       | 61x70x77                     |