

**S3.25**

The S3.25 is a single stack gym. With multiple upper- and lower-body exercise options in a fully adjustable weight system; it's easy to achieve maximum strength-training results in a short amount of time.

- Features**
- Strength system ergonomically adjusts to the individual, so you are always in the right position and exercising in the most efficient, and effective, way possible.
  - Perform over 30 types of lifts, rows, raises, curls, crunches, pull-downs, and presses at two compact stations designed to support proper form and a full range of motion.
  - Biomechanically correct design supports good form and a full range of motion.
  - “Ratchet and lock” adjustable seat and pad systems allow user to achieve the right position for a comfortable workout.
  - Improve your range of motion with our unique design that provides dual resistance when arms move away from the body and inward while the arms are outstretched.
  - Work lower body with self adjusting leg-extension station.
  - Work upper body with decline, incline, standard, and shoulder-press exercises using easy-to-adjust handlebar and seat positions.
  - Free-floating guide rods and sound-absorbing rubber ends eliminate metal-to-metal contact creating a smooth, quiet experience.
  - Weight stacks are shrouded for a safe, attractive system.

- Resistance**
- **Stack weight** – standard stack 208 lbs (95kg) and optional heavy weight stack is 258 lbs (117 kg)

- Frame**
- Height: 6 ft 11 in (211 cm)
  - 2 in. x 2 in. x .1 in (51 mm x 51 mm x 3 mm) wall
  - 2 in. x 3 in. x .1 in (51 mm x 76 mm x 3 mm) wall tubing
  - Robot and electric welded construction and electrostatic powder-coating for added durability.

- Seat**
- Comfortable, ergonomically correct seat fits a wide range of body types.
  - Black stitched vinyl over contoured foam.

- Pulleys**
- Nylon/Fiberglass pulleys for added durability.
  - ABEC rated ball bearings for added durability and smooth feel.
  - Cables - 1/8 inch military spec cables with nylon sheath. Tested to 2,000 lbs (909kg) tensile strength with swiveling cable ends.

- Other Features**
- Freedom press arm
  - Lying leg curl
  - Adjustable seat and back pad
  - Optional leg press
  - Optional heavy stack

- Ease of Assembly**
- Removable covers for easy access to cables for easy servicing and maintenance.

- Warranty**
- Lifetime frame and welds, 10 years parts and wear items, 1 year labor

• Accessories	Cushioned lat bar, straight bar with rotating handle, ankle strap, ab/tri strap, exercise wall chart.	• Cables	1/8 inch and 3/16 inch military spec cables with nylon sheath. Tested to 2,000 lbs. (909kg) tensile strength with swiveling cable ends.
• Stack	Single	• Pulleys	Nylon/fiberglass pulleys
• Stack Weight	208 lbs (95 kg)	• Ball bearings	ABEC rated ball bearings
• Heavy Stack Option	258 lbs (117 kg)	• Frame Finish	Electrostatic powder-coating
• Product Height	6 ft 11 in (211 cm)	• Top plate	Cast Iron, 8 lbs (4 kg) starting resistance
• Upholstery	Black stitched vinyl over contoured foam	• Foot Print	6 ft 8 in. x 6 ft. (203 cm x 183 cm) 6 ft 8 in. x 7 ft. 2 in. (203 cm x 218 cm) w/leg press
• Guide rods	Free-floating 1” diameter chromed steel	• Shrouds	Standard