

**S3.45**

Our top of the line home strength equipment. The S3.45, triple stack gym has a full array of upper- and lower-body exercises in a fully adjustable weight system. It's easy to achieve maximum strength-training results in a short time.

**Features**

- Multi-purpose pulling station allows the user to perform lat pull-downs, seated rows, bicep curls, and back extensions all at one station without changing handles.
- Perform over 30 types of lifts, rows, raises, curls, crunches, pull-downs, and presses at three compact stations with individual weight stacks that make it easy and convenient for three users to work out at the same time.
- User defined motion increases the number of reps and overall effectiveness of your workouts with our unique press design that lets you drive the arched path of motion, as you exercise.
- 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.
- Leg extension station, incline, decline, standard, and shoulder-press exercises give you a full-body workout.
- Free-floating guide rods and sound-absorbing rubber ends eliminate metal-to-metal contact creating a smooth, quiet experience.
- Weight stacks are fully concealed for a safe, attractive system.

**Resistance**

- Stack weight – standard station stack 208 lbs (95 kg) 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. Swiveling cable ends tested to 2,000 lbs (909kg) tensile strength.

**Other**

**Features**

- Freedom arm press
- Lying leg curl
- Leg extension
- Preacher curl station
- Back extensions (Roman Crunches)
- Optional leg press, optional heavy weight 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	Lat bar, straight bar with rotating handle, ankle strap, ab/tri strap, exercise wall chart, row v. handle	• Cables	1/8 military spec cable with nylon sheath 2000 lbs (909 kg) tensile strength swiveling cable ends
• Stack	Triple	• Pulleys	Nylon/fiberglass pulleys
• Stack Weight	208 lbs. (95 kg) per stack 624 lbs (283 kg) total for three stacks	• 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 (4kg)
• Upholstery	Black stitched vinyl over contoured foam	• Foot Print	9 ft 9 in x 6 ft 6 in (298 cm x 199 cm) 9 ft 9 in x 7 ft 8 in (298 cm x 234 cm) with leg press
• Guide rods	Free-floating 1" diameter chromed steel	• Shrouds	Standard