

**S3.55**

The *ultimate* in home strength equipment. The S3.55 is a single stack gym with clean, streamline looks, intelligent design features, and a compact footprint that allow for an extremely efficient total body workout.

<b>Features</b>	<ul style="list-style-type: none"> <li>Converging Adjustable Motion has four settings allowing users of various sizes to increase the effectiveness of the exercise by setting the motion to match their natural arm reach or exercise preference.</li> <li>Press Arm Control Lever adjusts the press arm and sliding seat so the user can find the perfect starting position in one simple step.</li> <li>Independent press arms can work together for synchronized exercises or can work independently for a variety of isolateral exercises.</li> <li>Sliding seat allows the user to find the most comfortable starting position for their size.</li> <li>Easy step-in entry leg station for users with limited range of motion in hips and knees.</li> <li>Adjustment for seated leg curl/leg extension allows the user to move between seated leg curl and leg extension without leaving the seat.</li> <li>Compact footprint is smaller than other gyms in its class.</li> <li>Selectorized add-on weights allow user to make small incremental adjustments for fine tuning.</li> <li>ABEC rated ball bearings are located at every major pivot point for added smoothness.</li> </ul>			
<b>Resistance</b>	<ul style="list-style-type: none"> <li><b>High-mass/low-travel weight stack</b> – reduces bounce and friction for a smooth feel and gives the user better control of resistance.</li> <li><b>Stack weight</b> – standard stack 200 lbs (91kg) and optional heavy weight stack is 260 lbs (118kg)</li> <li><b>Selectorized add-on weight system</b> provides a 2.5 lb (1.1kg) change in resistance for better control and customization and allows for an efficient, convenient weight change by simply pulling or pushing a selector pin.</li> </ul>			
<b>Frame</b>	<ul style="list-style-type: none"> <li>Height: 6 ft 10 in (208 cm)</li> <li>Electric welded construction and electrostatic powder-coating for added durability.</li> </ul>			
<b>Seat</b>	<ul style="list-style-type: none"> <li>Comfortable, ergonomically correct seat fits a wide range of body types.</li> <li>Gas shock allows the user to smoothly adjust the seat to the upright position.</li> <li>Black stitched vinyl over contoured foam.</li> </ul>			
<b>Pulleys</b>	<ul style="list-style-type: none"> <li>Nylon/Fiberglass pulleys for added durability.</li> <li>ABEC rated ball bearings for added durability and smooth feel.</li> <li>Cables - 1/8 inch and 3/16 inch military spec cables with nylon sheath. Tested to 2,000 (909kg) and 4,200 lbs (1,910 kg) tensile strength respectively with swiveling cable ends.</li> </ul>			
<b>Other Features</b>	<ul style="list-style-type: none"> <li>Tapered-entry locking pin adjustments are sturdier and eliminate rattles of traditional pop pins for a tight, solid feel.</li> <li>Color-coded controls correspond to a specific section of the machine so exercise adjustments are simple and intuitive.</li> <li>Comes with standard accessories to allow further customization of the S3.55.</li> </ul>			
<b>Ease of Assembly</b>	<ul style="list-style-type: none"> <li>Easy to assemble due to 50% factory pre-assembly.</li> <li>Removable covers for easy access to cables for easy servicing and maintenance.</li> </ul>			
<b>Warranty</b>	<ul style="list-style-type: none"> <li>Lifetime frame and welds, 10 years parts and wear items, 1 year labor</li> </ul>			
	<ul style="list-style-type: none"> <li>Accessories</li> </ul>	Dumbbells (3 lb & 7 lb), Lat bar, rotating curl bar, ab harness, ankle strap, d-ring.	<ul style="list-style-type: none"> <li>Cables</li> </ul>	1/8 in and 3/16 in military spec cables with nylon sheath, 2,000 lbs (909 kg) and 4,200 lbs (1,910 kg) tensile strength, swiveling cable ends
	<ul style="list-style-type: none"> <li>Stack</li> <li>Stack Weight</li> <li>Heavy Stack Option</li> <li>Product Height</li> <li>Upholstery</li> </ul>	<ul style="list-style-type: none"> <li>Single</li> <li>200 lbs (91 kg)</li> <li>260 lbs (118 kg)</li> <li>6 ft 10 in (208 cm)</li> <li>Black stitched vinyl over contoured foam</li> </ul>	<ul style="list-style-type: none"> <li>Pulleys</li> <li>Ball bearings</li> <li>Frame Finish</li> <li>Top plate</li> <li>Selectorized add-on weights</li> </ul>	<ul style="list-style-type: none"> <li>Nylon/fiberglass pulleys</li> <li>ABEC rated ball bearings</li> <li>Electrostatic powder-coating</li> <li>Cast Iron 10 lbs (4.5 kg)</li> <li>2.5 lbs increments (1.1 kg)</li> </ul>
	<ul style="list-style-type: none"> <li>Guide rods</li> </ul>	<ul style="list-style-type: none"> <li>Free-floating 1" diameter chromed steel</li> </ul>	<ul style="list-style-type: none"> <li>Foot Print</li> </ul>	<ul style="list-style-type: none"> <li>5 ft 8 in x 7 ft 2 in (173 cm x 219 cm)</li> <li>6 ft 9 in x 8 ft 0 in (206 cm x 244 cm) w/ leg press</li> </ul>