

MATRIX

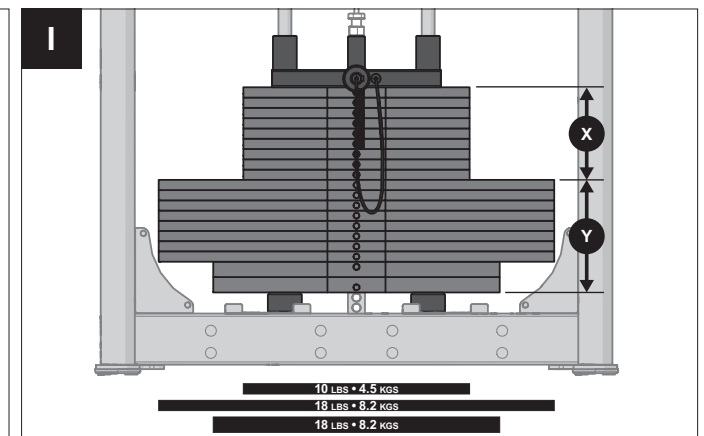
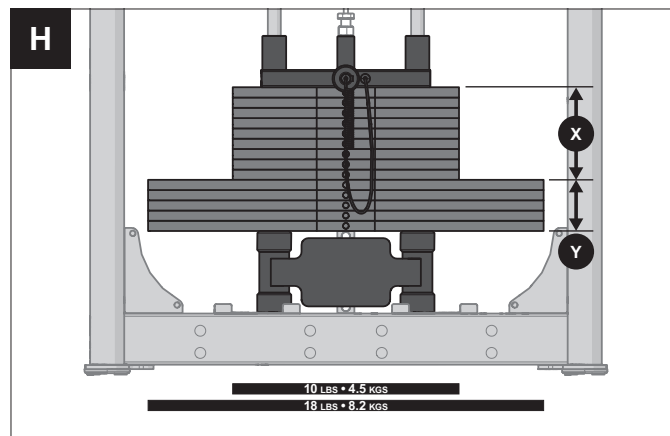
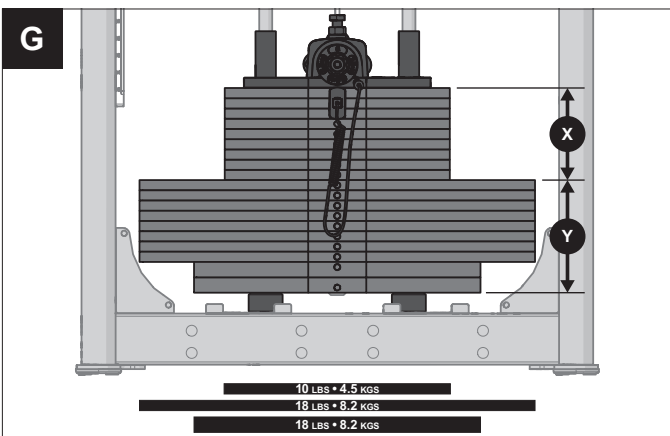
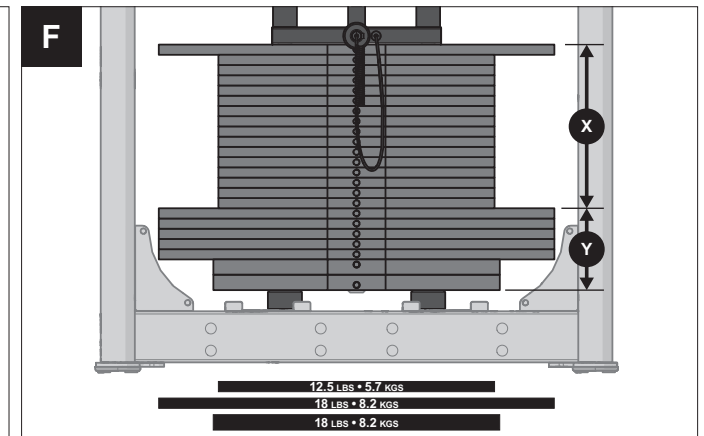
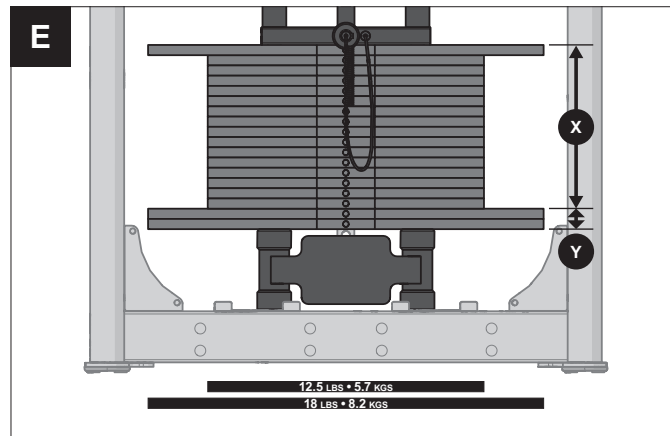
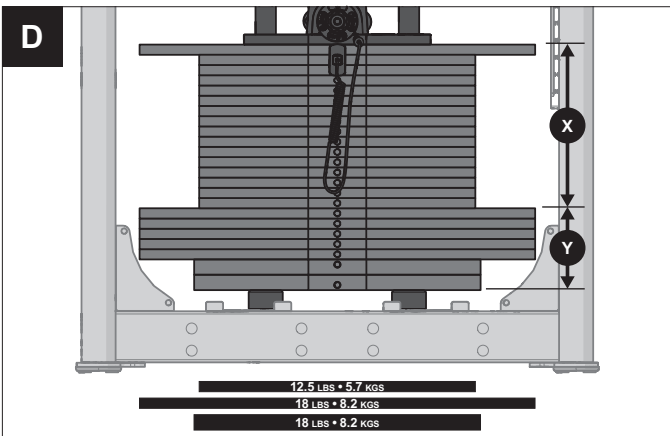
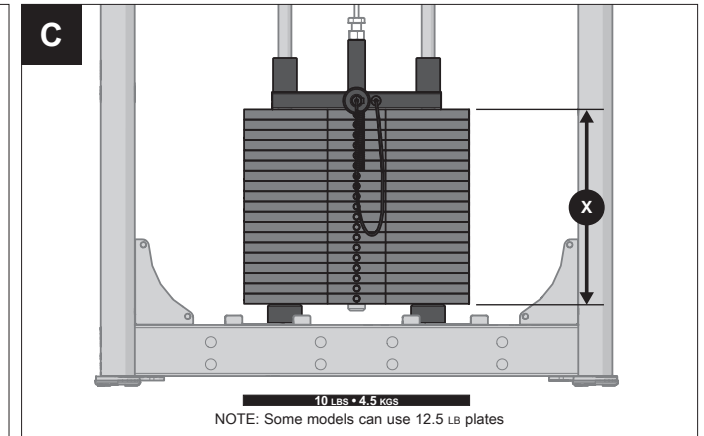
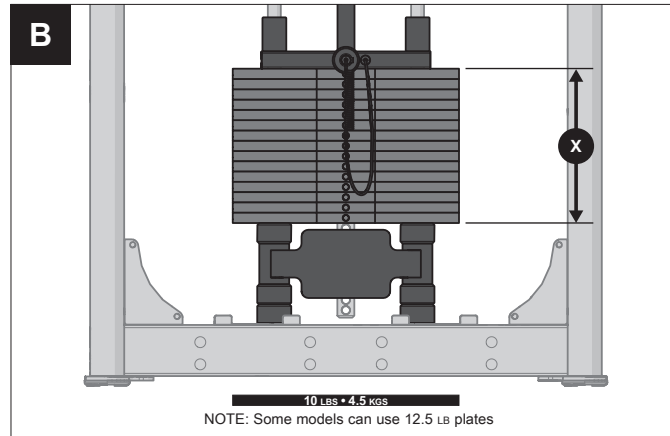
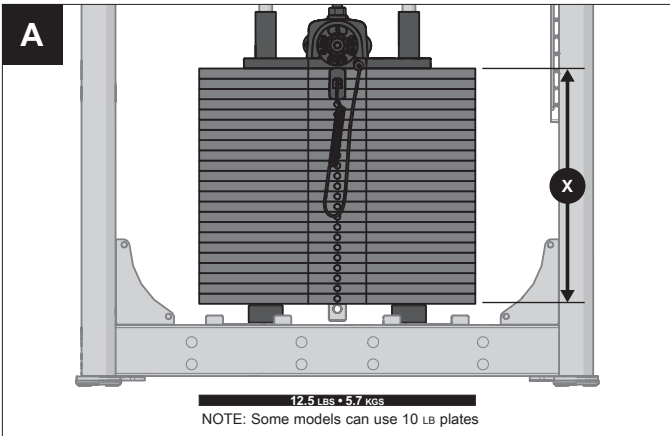
ULTRA SERIES

WEIGHT STACK



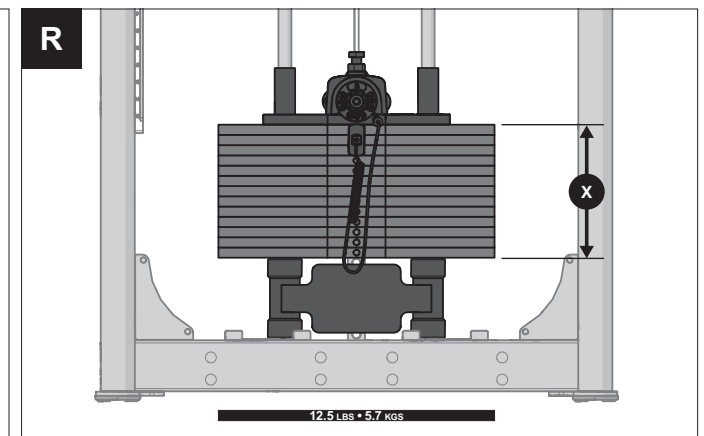
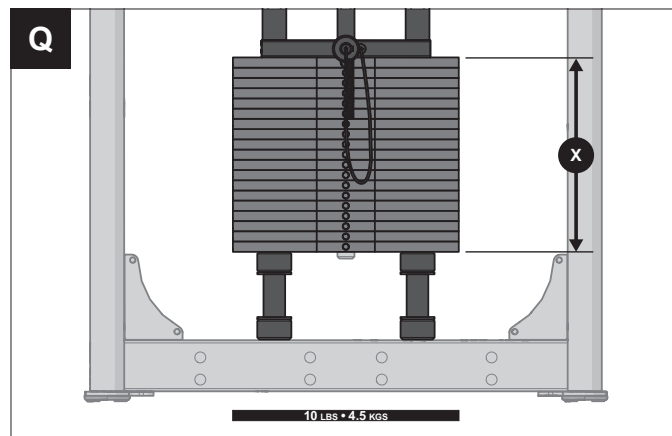
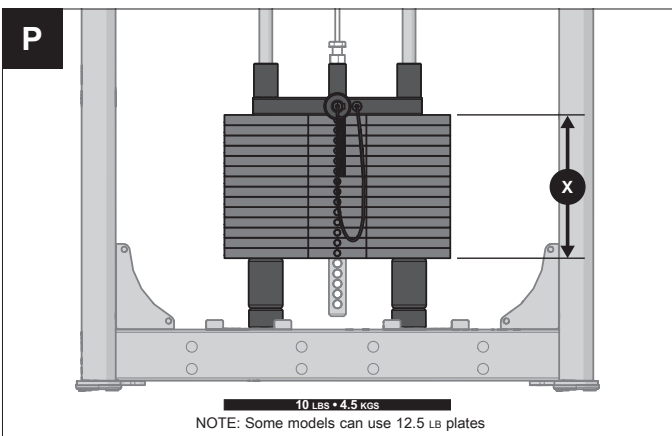
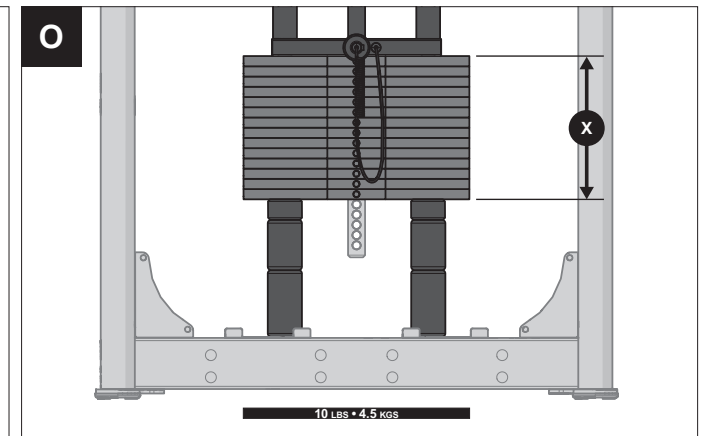
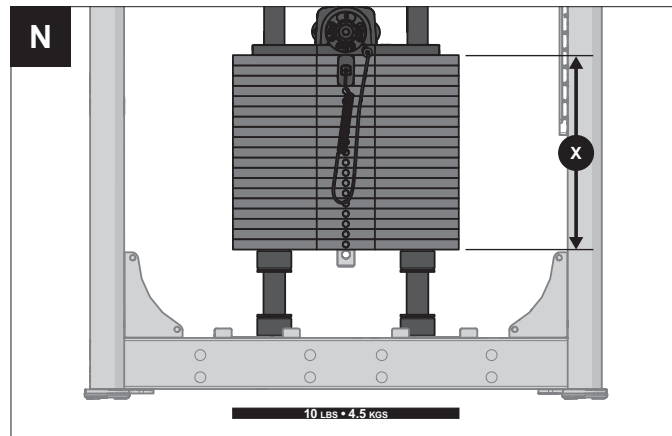
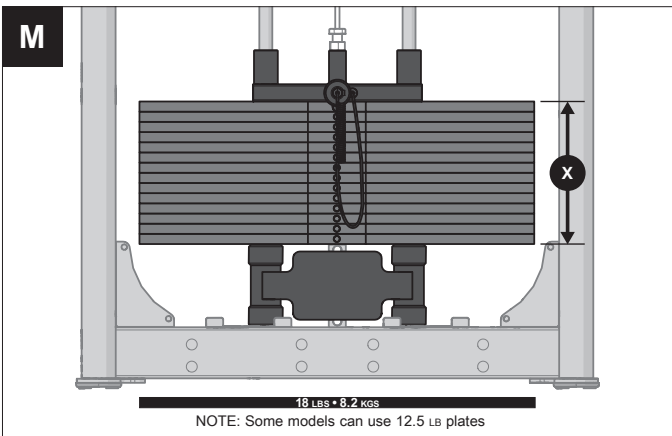
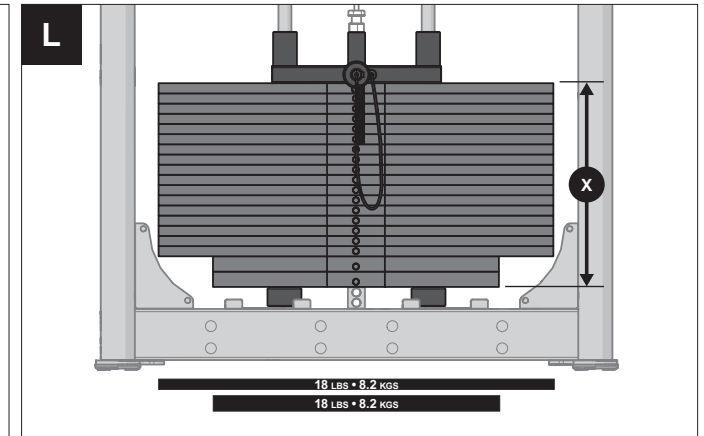
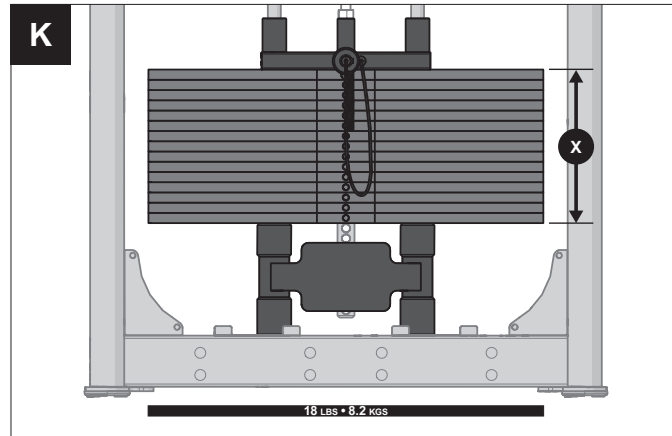
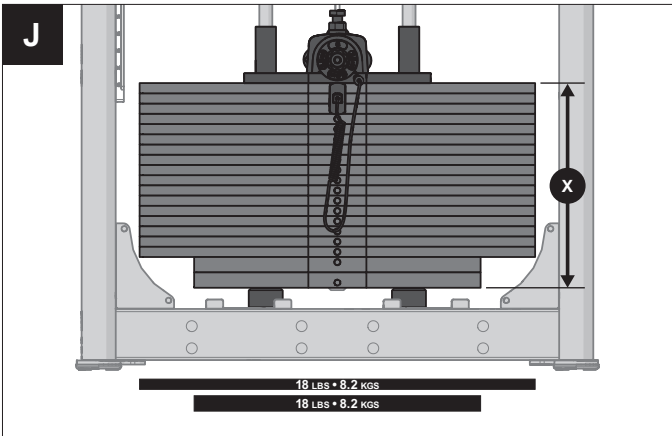


CONFIGURATIONS



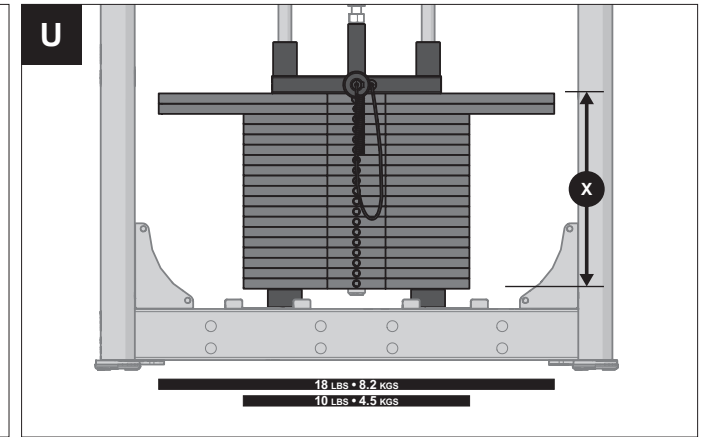
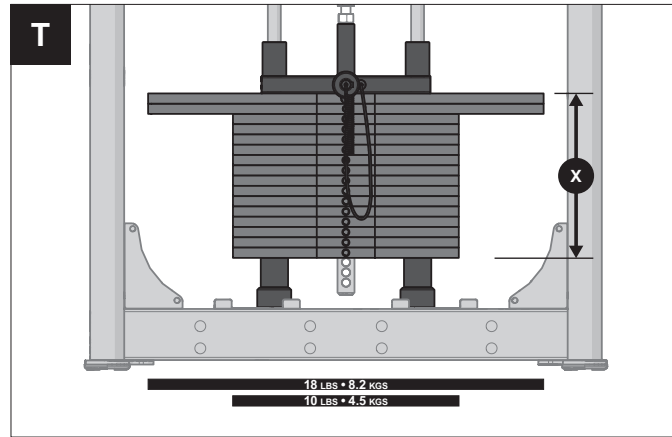
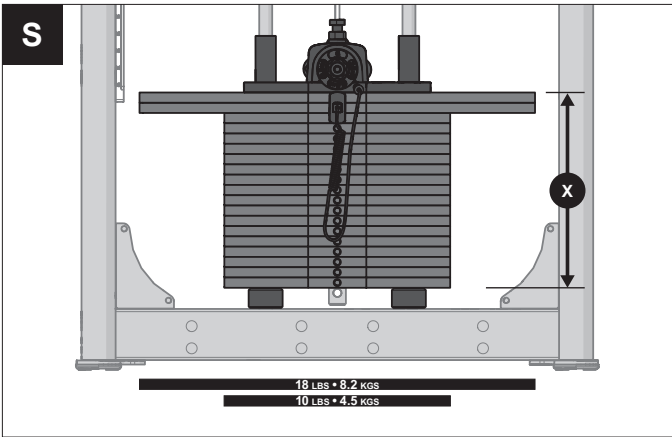


CONFIGURATIONS

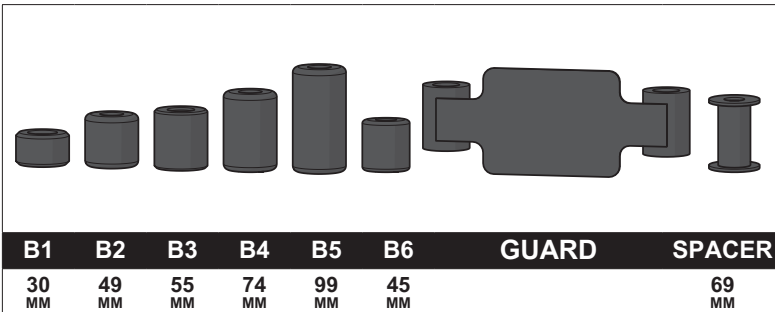




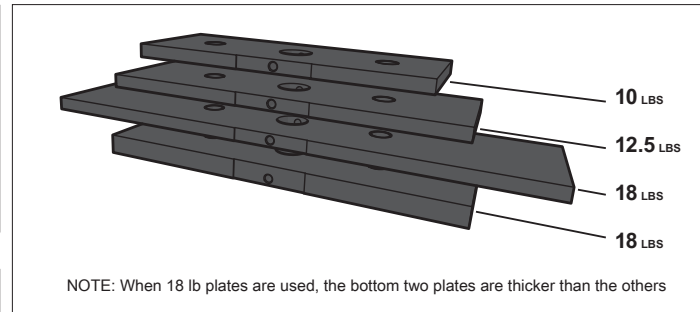
CONFIGURATIONS



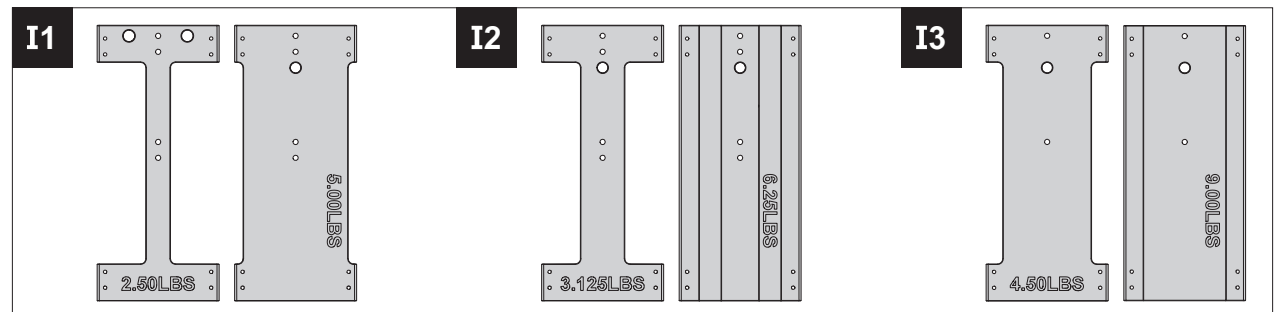
BUMPERS



WEIGHT PLATES



INCREMENTAL WEIGHT SETS





STACK DECALS

D1	D2	D3	D4	D5	D6	D7
LBS 20 9 KG		LBS 20 9 KG	LBS 40 18 KG	LBS 20 9 KG		LBS 60 27 KG
LBS 30 14 KG		LBS 30 14 KG	LBS 60 27 KG	LBS 30 14 KG		LBS 80 36 KG
LBS 40 18 KG	LBS 20 9 KG	LBS 40 18 KG	LBS 80 36 KG	LBS 40 18 KG	LBS 20 9 KG	LBS 100 45 KG
LBS 50 23 KG	LBS 30 14 KG	LBS 50 23 KG	LBS 100 45 KG	LBS 50 23 KG	LBS 30 14 KG	LBS 120 54 KG
LBS 60 27 KG	LBS 40 18 KG	LBS 60 27 KG	LBS 120 54 KG	LBS 60 27 KG	LBS 40 18 KG	LBS 140 63 KG
LBS 70 32 KG	LBS 50 23 KG	LBS 70 32 KG	LBS 140 63 KG	LBS 70 32 KG	LBS 50 23 KG	LBS 160 72 KG
LBS 80 36 KG	LBS 60 27 KG	LBS 80 36 KG	LBS 160 72 KG	LBS 80 36 KG	LBS 60 27 KG	LBS 180 81 KG
LBS 90 41 KG	LBS 70 32 KG	LBS 90 41 KG	LBS 180 81 KG	LBS 90 41 KG	LBS 70 32 KG	LBS 200 90 KG
LBS 100 45 KG	LBS 80 36 KG	LBS 100 45 KG	LBS 200 90 KG	LBS 100 45 KG	LBS 80 36 KG	LBS 220 99 KG
LBS 110 50 KG	LBS 90 41 KG	LBS 120 54 KG	LBS 220 99 KG	LBS 110 50 KG	LBS 90 41 KG	LBS 240 108 KG
LBS 120 54 KG	LBS 100 45 KG	LBS 140 63 KG	LBS 240 108 KG	LBS 120 54 KG	LBS 100 45 KG	LBS 260 117 KG
LBS 130 59 KG	LBS 110 50 KG	LBS 160 72 KG	LBS 260 117 KG	LBS 130 59 KG	LBS 110 50 KG	LBS 280 126 KG
LBS 140 63 KG	LBS 120 54 KG	LBS 180 81 KG	LBS 280 126 KG	LBS 140 63 KG	LBS 120 54 KG	LBS 300 135 KG
LBS 150 68 KG	LBS 130 59 KG	LBS 200 90 KG	LBS 300 135 KG	LBS 150 68 KG	LBS 130 59 KG	LBS 320 144 KG
LBS 160 72 KG	LBS 140 63 KG	LBS 220 99 KG	LBS 320 144 KG	LBS 160 72 KG	LBS 140 63 KG	LBS 340 153 KG
LBS 170 77 KG	LBS 150 68 KG	LBS 240 108 KG	LBS 340 153 KG	LBS 170 77 KG	LBS 150 68 KG	LBS 360 162 KG
LBS 180 81 KG	LBS 160 72 KG	LBS 260 117 KG	LBS 360 162 KG	LBS 180 81 KG	LBS 160 72 KG	LBS 380 171 KG
LBS 190 86 KG	LBS 175 79 KG	LBS 280 126 KG	LBS 380 171 KG	LBS 190 86 KG	LBS 170 77 KG	LBS 400 180 KG
LBS 200 90 KG	LBS 190 86 KG	LBS 300 135 KG	LBS 400 180 KG	LBS 200 90 KG	LBS 180 81 KG	LBS 420 189 KG
LBS 210 95 KG	LBS 205 93 KG	LBS 280 126 KG	LBS 380 171 KG	LBS 210 95 KG		LBS 400 180 KG
LBS 220 99 KG	LBS 220 99 KG	LBS 300 135 KG		LBS 220 99 KG		
LBS 230 104 KG	LBS 235 107 KG	LBS 300 135 KG	LBS 400 180 KG	LBS 230 104 KG		LBS 420 189 KG
LBS 240 108 KG	LBS 250 113 KG			LBS 240 108 KG		
	LBS 265 120 KG			LBS 230 104 KG		
	LBS 250 113 KG			LBS 240 108 KG		
	LBS 265 120 KG			LBS 230 104 KG		
				LBS 240 108 KG		

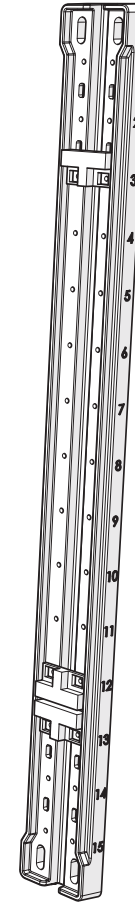
TOP PLATE DECALS

D8	10 _{4.5}	D12	LBS 10 4.5 KG
D9	20 ₉	D13	LBS 20 9 KG
D10		D14	
D11	40 ₁₈	D15	LBS 40 18 KG



CONFIGURATIONS

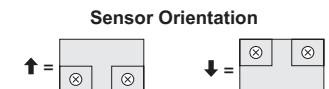
MACHINE	MODEL	BUMPER	CONFIG	STACK DECAL	TOP PLATE DECAL	WEIGHT PLATES	INCREMENTAL WEIGHT SET	TOTAL LABELED WEIGHT	
								LBS	KG
Chest Press	G7-S13	B1 x 2	A	D1	D8	X = 23 x 12.5 lbs + headplate	I2	240	108
	G7-S13B	B1 x 6 + Guard	B	D1	D12	X = 15 x 12.5 lbs + headplate	-	160	72
	G7-S13BH	B1 x 2	C	D1	D12	X = 23 x 12.5 lbs + headplate	-	240	108
Lateral Raise	G7-S21	B1 x 2	A	D1	D8	X = 19 x 10 lbs + headplate	I1	200	90
	G7-S21B	B1 x 6 + Guard	B	D1	D12	X = 11 x 10 lbs + headplate	-	120	54
	G7-S21BH	B1 x 2	C	D1	D12	X = 19 x 10 lbs + headplate	-	200	90
Rear Delt / Pec Fly	G7-S22	B1 x 2	G	D3	D8	X = 9 x 10 lbs + headplate / Y = 10 x 18 lbs	I1	300	135
	G7-S22B	B1 x 4 + Guard	H	D3	D12	X = 9 x 10 lbs + headplate / Y = 5 x 18 lbs	-	200	90
	G7-S22BH	B1 x 2	I	D3	D12	X = 9 x 10 lbs + headplate / Y = 10 x 18 lbs	-	300	135
Shoulder Press	G7-S23	B1 x 2	A	D1	D8	X = 19 x 10 lbs + headplate	I1	200	90
	G7-S23B	B1 x 6 + Guard	B	D1	D12	X = 11 x 10 lbs + headplate	-	120	54
	G7-S23BH	B1 x 2	C	D1	D12	X = 19 x 10 lbs + headplate	-	200	90
Lat Pulldown	G7-S33	B1 x 2	J	D5	D10	X = 23 x 18 lbs + headplate	I3	240	108
	G7-S33B	B2 x 2, B3 x 2 + Guard	K	D5	D14	X = 15 x 18 lbs + headplate	-	160	72
	G7-S33BH	B1 x 2	L	D5	D14	X = 23 x 18 lbs + headplate	-	240	108
Seated Row	G7-S34	B1 x 2	A	D1	D8	X = 23 x 12.5 lbs + headplate	I2	240	108
	G7-S34B	B1 x 6 + Guard	B	D1	D12	X = 15 x 12.5 lbs + headplate	-	160	72
	G7-S34BH	B1 x 2	C	D1	D12	X = 23 x 12.5 lbs + headplate	-	240	108
Biceps Curl	G7-S40	B1 x 2	A	D1	D8	X = 19 x 10 lbs + headplate	I1	200	90
	G7-S40B	B1 x 2, B4 x 2	P	D1	D12	X = 14 x 10 lbs + headplate	-	150	68
	G7-S40BH	B1 x 2	C	D1	D12	X = 19 x 10 lbs + headplate	-	200	90
Dependent Curl	G7-S41	B1 x 2	A	D1	D8	X = 19 x 10 lbs + headplate	I1	200	90
	G7-S41B	B1 x 2, B4 x 2	P	D1	D12	X = 14 x 10 lbs + headplate	-	150	68
	G7-S41BH	B1 x 2	C	D1	D12	X = 19 x 10 lbs + headplate	-	200	90
Triceps Press	G7-S42	B1 x 2	D	D2	D8	X = 15 x 12.5 lbs. + headplate / Y = 8 x 18 lbs	I2	265	120
	G7-S42B	B1 x 4 + Guard	E	D2	D12	X = 15 x 12.5 lbs + headplate / Y = 3 x 18 lbs	-	205	93
	G7-S42BH	B1 x 2	F	D2	D12	X = 15 x 12.5 lbs + headplate / Y = 8 x 18 lbs	-	265	120
Triceps Extension	G7-S45	B1 x 2	S	D6	D8	X = 17 x 10 lbs + 2 x 18 lbs. + headplate	I1	180	82
	G7-S45B	B1 x 2, B6 x 2	T	D6	D12	X = 14 x 10 lbs + 2 x 18 lbs + headplate	-	150	68
	G7-S45BH	B1 x 2	U	D6	D12	X = 17 x 10 lbs + 2 x 18 lbs. + headplate	-	180	82
Abdominal Crunch	G7-S51	B1 x 2	A	D1	D8	X = 23 x 10 lbs + headplate	I1	240	108
	G7-S51B	B1 x 6 + Guard	B	D1	D12	X = 15 x 10 lbs + headplate	-	160	72
	G7-S51BH	B1 x 2	C	D1	D12	X = 23 x 10 lbs + headplate	-	240	108
Back Extension	G7-S52	B1 x 2	A	D1	D8	X = 23 x 12.5 lbs + headplate	I2	240	108
	G7-S52B	B1 x 6 + Guard	B	D1	D12	X = 15 x 12.5 lbs + headplate	-	160	72
	G7-S52BH	B1 x 2	C	D1	D12	X = 23 x 12.5 lbs + headplate	-	240	108
Rotary Torso	G7-S55	B1 x 2	A	D1	D8	X = 19 x 10 lbs + headplate	I1	200	90
	G7-S55B	B1 x 2, B4 x 2	P	D1	D12	X = 14 x 10 lbs + headplate	-	150	68
	G7-S55BH	B1 x 2	C	D1	D12	X = 19 x 10 lbs + headplate	-	200	90
Leg Press	G7-S70	B1 x 2	J	D4	D9	X = 19 x 18 lbs + headplate	I3	400	181
	G7-S70B	B1 x 4 + Guard	M	D4	D13	X = 14 x 18 lbs + headplate	-	300	135
	G7-S70BH	B1 x 2	L	D4	D13	X = 19 x 18 lbs + headplate	-	400	181
Leg Extension	G7-S71	B1 x 2	A	D1	D8	X = 23 x 12.5 lbs + headplate	I2	240	108
	G7-S71B	B1 x 6 + Guard	B	D1	D12	X = 15 x 12.5 lbs + headplate	-	160	72
	G7-S71BH	B1 x 2	C	D1	D12	X = 23 x 12.5 lbs + headplate	-	240	108
Seated Leg Curl	G7-S72	B1 x 2	A	D1	D8	X = 19 x 12.5 lbs + headplate	I2	200	90
	G7-S72B	B1 x 2, B4 x 2	P	D1	D12	X = 14 x 12.5 lbs + headplate	-	150	68
	G7-S72BH	B1 x 2	C	D1	D12	X = 19 x 12.5 lbs + headplate	-	200	90
Prone Leg Curl	G7-S73	B1 x 2	A	D1	D8	X = 19 x 12.5 lbs + headplate	I2	200	90
	G7-S73B	B1 x 2, B4 x 2	P	D1	D12	X = 14 x 12.5 lbs + headplate	-	150	68
	G7-S73BH	B1 x 2	C	D1	D12	X = 19 x 12.5 lbs + headplate	-	200	90
Hip Adductor	G7-S74	B1 x 4, Spacer x2	N	D1	D8	X = 19 x 10 lbs + headplate	I1	200	90
	G7-S74B	B1 x 2, B4 x 2, B5 x 2	O	D1	D12	X = 14 x 10 lbs + headplate	-	150	68
	G7-S74BH	B1 x 4, Spacer x2	Q	D1	D12	X = 19 x 10 lbs + headplate	-	200	90
Hip Abductor	G7-S75	B1 x 4, Spacer x2	N	D1	D8	X = 19 x 10 lbs + headplate	I1	200	90
	G7-S75B	B1 x 2, B4 x 2, B5 x 2	O	D1	D12	X = 14 x 10 lbs + headplate	-	150	68
	G7-S75BH	B1 x 4, Spacer x2	Q	D1	D12	X = 19 x 10 lbs + headplate	-	200	90
Calf Extension	G7-S77	B1 x 2	A	D4	D9	X = 19 x 10 lbs + headplate	I1	400	181
	G7-S77B	B1 x 2, B4 x 2	P	D4	D13	X = 14 x 10 lbs + headplate	-	300	135
	G7-S77BH	B1 x 2	C	D4	D13	X = 19 x 10 lbs + headplate	-	400	181
Glute	G7-S78	B1 x 4 + Guard	R	D1	D8	X = 13 x 12.5 lbs + headplate	I2	140	63
	G7-S78B	B1 x 6 + Guard	B	D1	D12	X = 11 x 12.5 lbs + headplate	-	120	54
	G7-S78BH	B1 x 4 + Guard	M	D1	D12	X = 13 x 12.5 lbs + headplate	-	140	63
Hip Thrust	G7-S79	B1 x 2	J	D7	D11	X = 19 x 18 lbs + headplate	I3	420	191
	G7-S79B	B1 x 4 + Guard	M	D7	D15	X = 14 x 18 lbs + headplate	-	320	145
	G7-S79BH	B1 x 2	L	D7	D15	X = 19 x 18 lbs + headplate	-	420	191



REP COUNTER

MACHINE		SENSOR LOCATIONS*		
G7-S13	Chest Press	A9 ↓	B10 ↓	C13 ↓
G7-S21	Lateral Raise	A8 ↑	B9 ↑	C15 ↓
G7-S22	Pec Fly/Rear Delt	A8 ↑	B9 ↑	C14 ↓
G7-S23	Shoulder Press	A10 ↓	B11 ↓	C14 ↓
G7-S33	Lat Pull-down	A6 ↑	B7 ↑	C12 ↓
G7-S34	Seated Row	A7 ↑	B8 ↑	C13 ↓
G7-S40	Bicep Curl	A12 ↑	B13 ↑	C15 ↓
G7-S41	Dependent Curl	A9 ↑	B11 ↑	C15 ↑
G7-S42	Triceps Press	A5 ↑	B9 ↑	C12 ↓
G7-S45	Triceps Extension	A8 ↓	B9 ↑	C15 ↑
G7-S51	Abdominal Crunch	A10 ↑	B11 ↑	C13 ↓
G7-S52	Back Extension	A7 ↑	B8 ↑	C13 ↓
G7-S55	Rotary Torso	A11 ↑	B12 ↓	C15 ↓
G7-S70	Leg Press	A10 ↑	B11 ↑	C14 ↓
G7-S71	Leg Extension	A8 ↑	B9 ↑	C13 ↓
G7-S72	Seated Leg Curl	A7 ↓	B11 ↓	C15 ↓
G7-S73	Prone Leg Curl	A10 ↑	B11 ↑	C15 ↓
G7-S74	Hip Adductor	A8 ↑	B9 ↑	C11 ↓
G7-S75	Hip Abductor	A6 ↑	B7 ↑	C11 ↓
G7-S77	Calf Extension	A9 ↓	B11 ↓	C15 ↓
G7-S78	Glute	A9 ↓	B12 ↓	C15 ↓
G7-S79	Hip Thrust	A10 ↓	B11 ↓	C15 ↓

* A = Top Sensor
B = Middle Sensor
C = Bottom Sensor



MATRIX



ULTRA WEIGHT STACK

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Rev 1.5 A