

THE STORY OF THE PREMIUM BRAND

FINNLO

CHUBBY BEAR (URSUS COUCHPOTATOEUS)

HABITAT:

On all continents, he lives anywhere near humans. In Central Europe you can find him particularly on sofas, in beds, on chairs and next to well filled refrigerators.

ONE'S WEAKER SELF (NOT NOW TOMORROWUS)

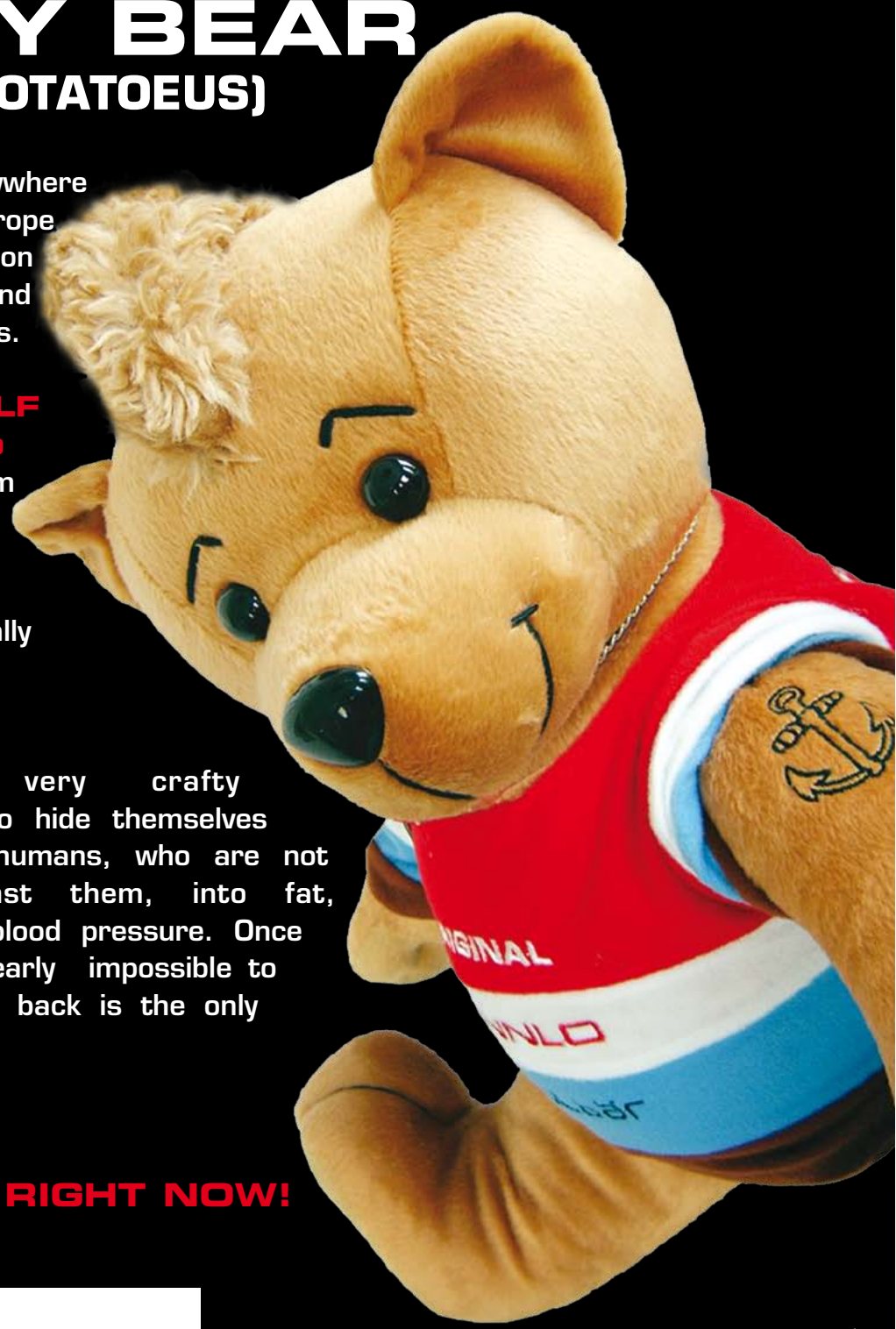
This prevents humans from pulling themselves together, getting up of the sofa (couchpotatoeus syndrome) and doing some sport, It's really good for you!

CAUTION!

Chubby bears are very crafty creatures and know how to hide themselves well. They can transform humans, who are not prepared to fight against them, into fat, unathletic slobs with high blood pressure. Once started, this syndrome is nearly impossible to eradicate. Therefore fighting back is the only option.

WHY NOT START RIGHT NOW!

Dealer stamp



Errors and mistakes accepted. 2010./04./FA



FINNLO

FITNESS SYSTEMS

QUALITY, TECHNOLOGY, INNOVATION

QUALITY AND ERGONOMY

The high standard of FINNLO cardio product is shown in its build quality, training ergonomics and professional attention to detail. Like the reduced pedal distance of our crosstrainers as well as the quick adjustable seats and handlebars on our ergometers. Our Multi Gyms are also fitted with the same quick adjust seat and back cushions for comfortable health orientated training.

INNOVATION

The continuous development of FINNLO product technology gives our customer the safety in knowledge that the FINNLO brand is one of the best in the world when it comes to healthy training. The precision of the FINNLO Electro-magnet braking system (EMS), sophisticated mechanics, bearings, as well as the truly original TNT-System for an extremely exact resistance when using our Multi-gym Bio Force makes FINNLO unbeatable.

COMPUTER TECHNOLOGY

With every Crosstrainer and Bike Ergometer the FINNLO computer technology ensures an precise control of resistance training, through the DIN EN 957 Norm which gives our customers the reassurance of quality and precision. Other functions like the FINNLO drink reminder (DRINK FIT) or the quick set modes (QUICK START, HRC) guarantee the best possible comfort during the workout.



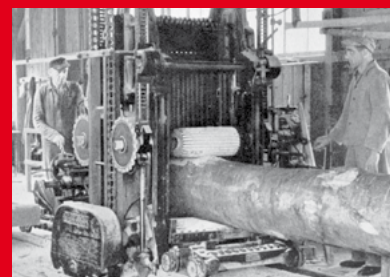
Low entry access and reduced pedal distance assure the best training and ergonomic results.

FINNLO BIO FORCE is the world's first multi-gym that is equipped with our innovative TNT nitrogen cylinders instead of conventional weight plates.

Innovative FINNLO computer technology for the highest training comfort

- User friendly
- Clear display
- Health orientated functions

HAMMER® GERMANY 100 YEARS IN SPORTS



1900



1910



1920



1925



1945



1960



1975



1982



1990

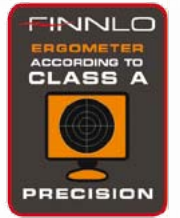
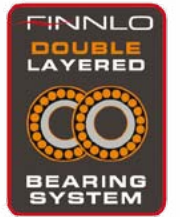


2010

HAMMER has been deeply rooted in the manufacture, sales and distribution of sporting articles – from the beginning of the Heinrich Hammer company, which was founded in 1900 and became well-known in the 50's with its "erbacher" brand, through to the present company of Hammer Sport AG, a leading modern, company in the leisure industry.

The product range now includes almost 600 different articles. HAMMER and FINNLO-Fitness equipment, Mikasa Sports balls, HAMMER table soccer, HAMMER Boxing and FINNLO Wellness products offered in more than 50 countries worldwide. The company's high quality standard is reflected in the constant stream of new innovations and continuous growth setting new bench-marks in product design. Numerous patents and utility models document HAMMER SPORT AG capabilities.

The development of products from the idea to finished prototype take place in the company's central offices in Neu-Ulm, South Germany. Other field offices overseas co-ordinate further product development and quality control management. Before a HAMMER SPORT product goes into full production, precise international quality tests in accordance with external tests institutions have to be carried out. This is to determine the product placement and 100% customer satisfaction. A well known brand name with premium quality, product longevity with a high „fun-factor“ usage are HAMMER SPORT AG main targets.



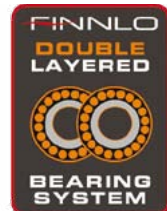
High-Tech spherical bearing for perfect quiet running.



Swivel joint with 2 roller bearings.

	3279 LOXON XTR	3278 LOXON XT
COMPUTER		
Performance in watt	25-400 watt	25-400 watt
Distance / Time / Speed / RPM / Calorie consumption	<input type="checkbox"/>	<input type="checkbox"/>
Integrated pulse receiver for chest belt	<input type="checkbox"/>	<input type="checkbox"/>
Hand and ear pulse	<input type="checkbox"/>	<input type="checkbox"/>
Lower/Upper pulse limit adjustable	<input type="checkbox"/> / <input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>
Pulse percentage for upper limit	<input type="checkbox"/>	<input type="checkbox"/>
QUICK START	<input type="checkbox"/>	<input type="checkbox"/>
QUICK HRC	<input type="checkbox"/>	-
Training note/grade when finished	<input type="checkbox"/>	<input type="checkbox"/>
Chest belt (included)	<input type="checkbox"/>	-
Recovery pulse measurement	<input type="checkbox"/>	<input type="checkbox"/>
Training value settings	<input type="checkbox"/>	<input type="checkbox"/>
Load profiles	12	12
LCD display	Blue Backlight	Blue Backlight
DRINK FIT	<input type="checkbox"/>	<input type="checkbox"/>
Permanent display	8	8
Heart Rate Controlled programmes	4	4
Resistance control	computer controlled	computer controlled
User	4+1	4+1
Adjustable foot plates	3x	3x
Drinking bottle	<input type="checkbox"/>	<input type="checkbox"/>
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>
FEATURES		
Braking system	Induction	Induction
Footplate gap	16 cm	16 cm
Drive chain system	belt driven	belt driven
Gear transmission ratio	1:9	1:9
Flywheel mass	ca. 20 kg	ca. 20 kg
Load control	RPM independent	RPM independent
Load spectrum	32 intervals	32 intervals
Power supply	230 V, 50 Hz	230 V, 50 Hz
Class HA*	<input type="checkbox"/>	<input type="checkbox"/>
Max. body weight	150 kg	150 kg
Dimensions (L x W x H) cm	144 x 61 x 161	144 x 61 x 161
Colour	white/silver	white/silver
TECHNICAL DATA		
* DIN EN 957 - 1/9, Class HA		

3279 | LOXON XTR



Item No.: 3272



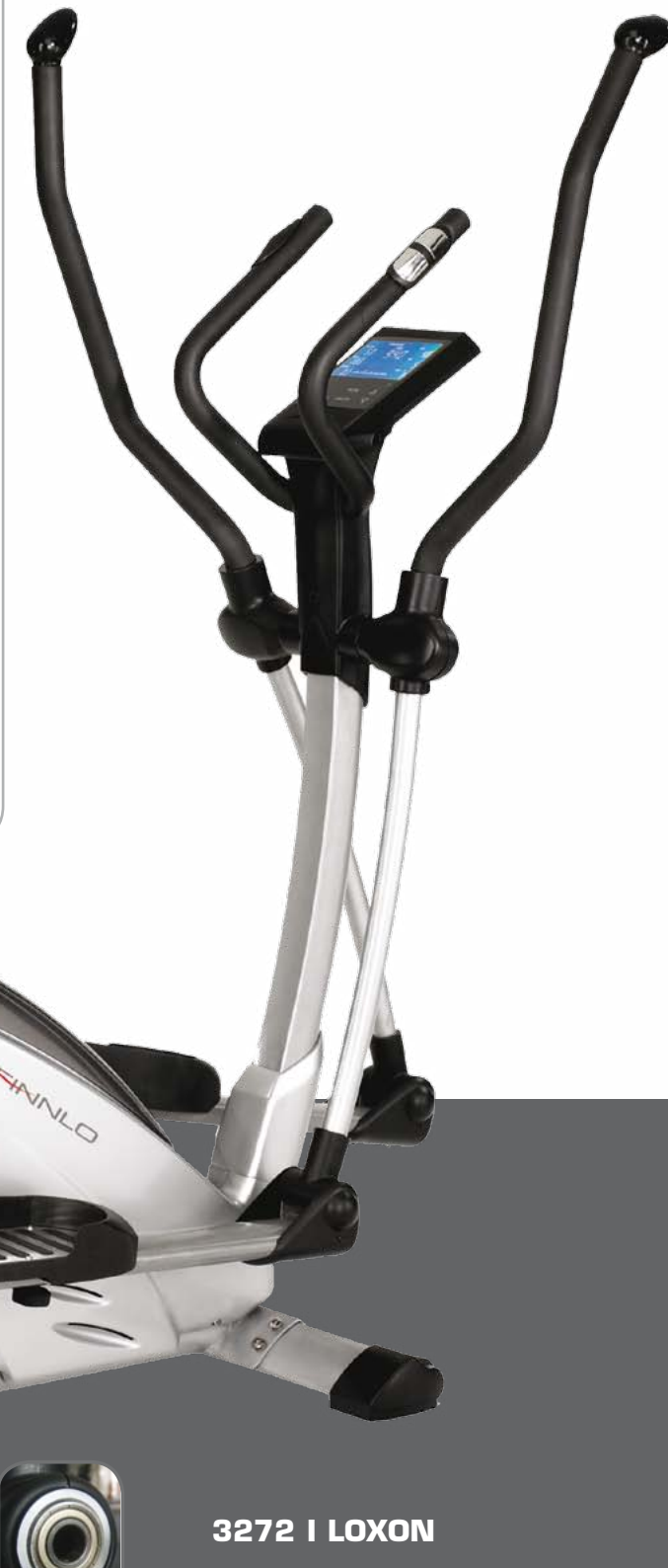
Item No.: 3280



- Intuitive and plain user interface
- Simple to use, no instructions needed
- No complicated menu structures
- One function - One button!
- Drink Reminder function

CROSSTRAINER

	3272 LOXON	3280 LOXON STRESSLESS
COMPUTER		
Item No. / Description		
Distance / Time / Speed / RPM / Calorie Consumption	<input type="checkbox"/>	<input type="checkbox"/>
Integrated pulse receiver for chest belt	<input type="checkbox"/>	<input type="checkbox"/>
Hand pulse	<input type="checkbox"/>	<input type="checkbox"/>
Lower/upper pulse limit adjustable	<input type="checkbox"/> / <input type="checkbox"/>	-/ <input type="checkbox"/>
Pulse percentage for upper limit	<input type="checkbox"/>	-
Training note/grade when finished	<input type="checkbox"/>	-
Recovery pulse measurement	<input type="checkbox"/>	-
Training value settings	<input type="checkbox"/>	<input type="checkbox"/>
Load profiles	12	-
LCD display	Blue Backlight	Blue Backlight
DRINK FIT	<input type="checkbox"/>	<input type="checkbox"/>
Permanent display	8	5
Heart Rate Controlled programmes	4	1
Resistance control	computer controlled	computer controlled
User	4+1	1
FEATURES		
Adjustable foot plates	3X	3X
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>
TECHNICAL DATA		
Braking system	permanent magnet	permanent magnet
Footplate gap	16 cm	16 cm
Drive chain system	belt driven	belt driven
Gear transmission ratio	1:9	1:9
Flywheel mass	ca. 20 kg	ca. 20 kg
Load control	RPM dependent	RPM dependent
Load spectrum	32 intervals	20 intervals
Power supply	230 V, 50 Hz	230 V, 50 Hz
Max. body weight	150 kg	150 kg
Dimensions (L x W x H) cm	144 x 61 x 161	144 x 61 x 161
Colour	silver/anthracite	silver/anthracite
* DIN EN 957 - 1 / 9, Class HA		



High-Tech spherical bearing for perfect quiet running.



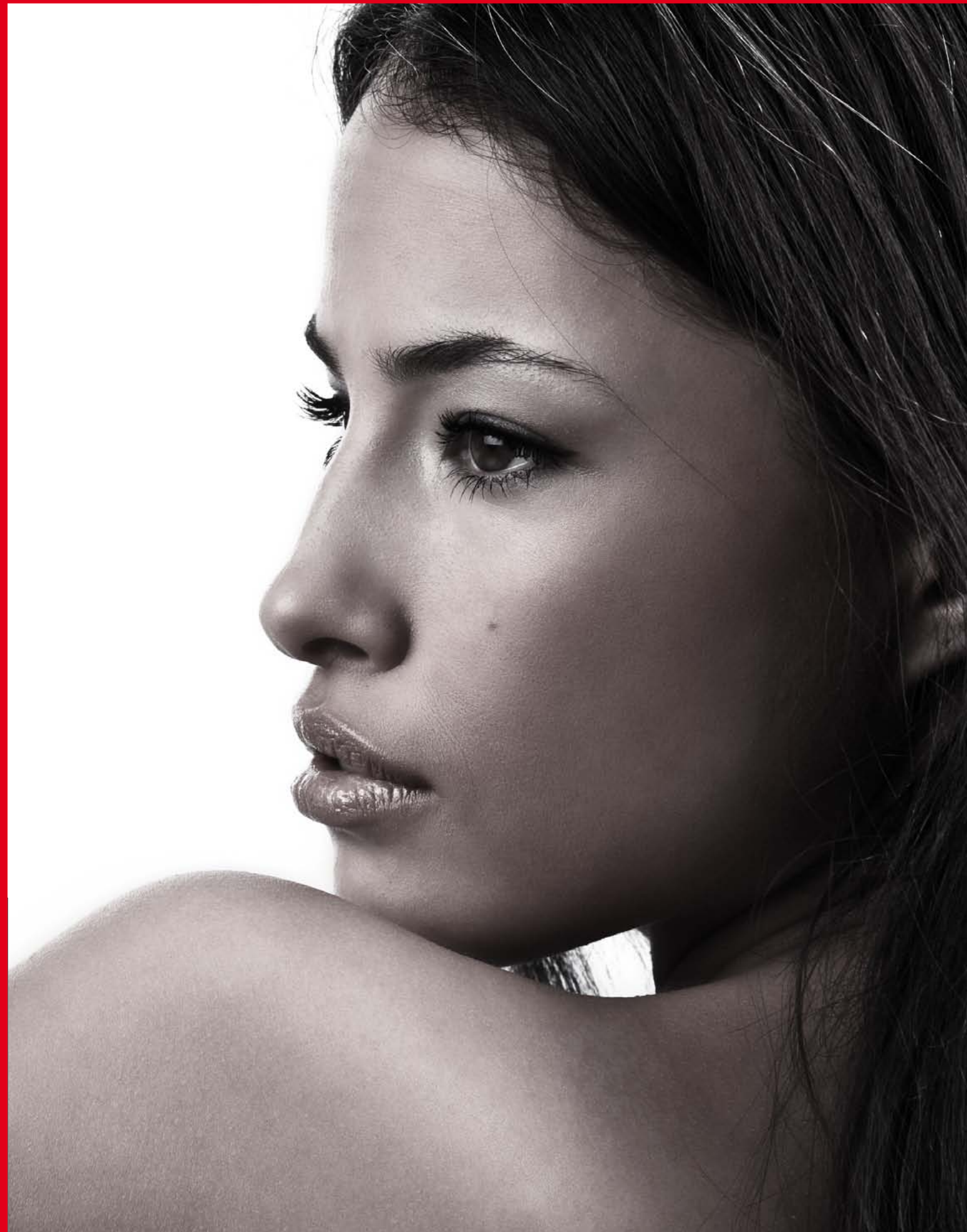
Swivel joint with 2 roller bearings.

3272 | LOXON

Item No. / Description		3259 FINUM
COMPUTER	Distance / Time / Speed / RPM / Calorie Consumption	<input type="checkbox"/>
	Hand and ear pulse	hand pulse
	Upper pulse limit adjustable	<input type="checkbox"/>
	Recovery pulse measurement	<input type="checkbox"/>
	Training value settings	<input type="checkbox"/>
	LCD display	<input type="checkbox"/>
	Permanent display	1 + 5
FEATURES	Resistance control	manual
	User	1
	TPA	-
	Adjustable foot plates	<input type="checkbox"/>
	Integrated transportation rollers	<input type="checkbox"/>
TECHNICAL DATA	Height adjustment	<input type="checkbox"/>
	Precision ball bearings	<input type="checkbox"/>
	Braking system	Permanent magnet
	Drive chain system	belt driven
	Gear transmission ratio	1:8
	Flywheel mass	ca. 16 kg
	Load control	RPM dependent
	Load spectrum	10 Intervals
	Power supply	Battery
	Max. body weight	130 kg
Dimensions (L x W x H) cm	108 x 52 x 160	
Colour	dark grey	



3259 | FINUM



COMPUTER		3955 SPIRIT
Distance / Time / Speed / RPM / Calorie Consumption	<input type="checkbox"/>	
LCD display	<input type="checkbox"/>	
Permanent display	4	
Resistance control	manual	
Integrated transportation rollers	<input type="checkbox"/>	
Height adjustment	<input type="checkbox"/>	
Precision ball bearings	<input type="checkbox"/>	
Braking system	Double magnet	
Drive chain system	Double belt drive	
TECHNICAL DATA		
Gear transmission ratio	1:7	
Flywheel mass	ca. 18 kg	
Power supply	Battery	
Max. body weight	150 kg	
Dimensions (L x W x H) cm	172 x 62 x 172	
Colour	black/red	

FINNLO MAXIMUM SPIRIT - IT'S STUDIO QUALITY!

The FINNLO MAXIMUM SPIRIT was specifically designed for group exercising. The first choice for an intensive Power-workout as well as for a healthy cardio-training. Equipped with 18Kg flywheel, a permanent magnetic braking system and specially designed footplates for a powerful professional workout. A user-friendly computer, a stepless variable resistance control and ergonomic handgrips are additional features for optimal comfort.



Double belt drive system



Precision crank ball bearings



Roller bearing for smooth and silent movement



Designer footplates for a professional workout



NEW SPEED-CROSS TRAINER

- Innovative front-driven crosstrainer for professional studio workout
- The world's first hybrid crosstrainer that can be used in a speed bike class
- Optimal stride length for smooth and efficient movement



3955 | SPIRIT

CROSSTRAINER

alsches Bild



FINNLO



ERGOMETER
3279 LOXON XTR SNOW



ERGOMETER
3278 LOXON XT SNOW



3272 LOXON



3280 LOXON STRESSLESS



3259 FINUM



3955 SPIRIT

COMPUTER

FEATURES

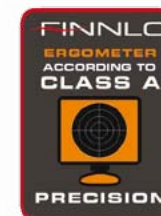
TECHNICAL DATA

Item No. / Description	3279 LOXON XTR SNOW	3278 LOXON XT SNOW	3272 LOXON	3280 LOXON STRESSLESS	3259 FINUM	3955 SPIRIT
Performance in watt	25-400 Watt	25-400 Watt	-	-	-	-
Distance / Time / Speed / RPM / Calorie Consumption	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integrated pulse receiver for chest belt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>
Pulse type	Hand pulse, Chest Belt	Hand pulse, Chest Belt (optional)	Hand pulse, Chest Belt (optional)	Hand pulse, Chest Belt (optional)	Hand pulse	-
Lower/Upper pulse limit adjustable	<input type="checkbox"/> / <input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	-/ <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pulse percentage for upper limit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-
Quick START	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-
Quick HRC	<input type="checkbox"/>	-	-	-	-	-
Training note/grade when finished	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-
Chest belt (included)	<input type="checkbox"/>	-	-	-	-	-
Recovery pulse measurement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>	-
Training value settings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-
Load profiles	12	12	12	-	-	-
LCD Display	Blue Backlight	Blue Backlight	Blue Backlight	Blue Backlight	Standard	Standard
DRINK FIT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-
Permanent display	8	8	8	5	1 + 5	4
Heart Rate Controlled programmes	4	4	4	1	-	<input type="checkbox"/>
Resistance control	Computer controlled	Computer controlled	Computer controlled	Computer controlled	manual	manual
USER	4+1	4+1	4+1	1	1	1
Adjustable foot plates	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drinking bottle	<input type="checkbox"/>	-	-	-	-	<input type="checkbox"/>
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Braking system	Induction	Induction	Permanent magnet	Permanent magnet	Permanent magnet	Double magnet
Drive chain system	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven	Double belt drive
Gear transmission ratio	1:9	1:9	1:9	1:9	1:8	1:7
Flywheel mass	ca. 20 kg	ca. 20 kg	ca. 20 kg	ca. 20 kg	ca. 16 kg	ca. 18 kg
Load control	RPM independent	RPM independent	RPM dependent	RPM dependent	RPM dependent	RPM dependent
Load spectrum	32 Steps	32 Steps	32 Steps	20 Steps	10 Steps	-
Power supply	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	Battery	Battery
Class HA*	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-	-
Max. body weight	150 kg	150 kg	150 kg	150 kg	130 kg	150 kg
Dimensions (L x B x H) cm	144 x 61 x 161	144 x 61 x 161	144 x 61 x 161	144 x 61 x 161	108 x 52 x 160	172 x 62 x 172
Colour	white/silver	white/silver	silver/dark grey	silver/ dark grey	dark grey	black / red

* DIN EN 957 – 1/9



3177 | EXUM XTR



Item No.: 3177

Item No. / Description	3177 EXUM XTR	3176 EXUM XT SNOW
Performance in watt	25-400 watt	25-400 watt
Distance / Time / Speed / RPM / Calorie consumption	<input type="checkbox"/>	<input type="checkbox"/>
Integrated pulse receiver for chest belt	<input type="checkbox"/>	<input type="checkbox"/>
Hand and ear pulse	<input type="checkbox"/>	<input type="checkbox"/>
Lower/Upper pulse limit adjustable	<input type="checkbox"/> / <input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>
Pulse percentage for upper limit	<input type="checkbox"/>	<input type="checkbox"/>
QUICK START	<input type="checkbox"/>	<input type="checkbox"/>
QUICK HRC	<input type="checkbox"/>	<input type="checkbox"/>
Training note/grade when finished	<input type="checkbox"/>	<input type="checkbox"/>
Chest belt (included)	<input type="checkbox"/>	<input type="checkbox"/>
Recovery pulse measurement	<input type="checkbox"/>	<input type="checkbox"/>
Training parameter adjustable	<input type="checkbox"/>	<input type="checkbox"/>
Load profiles	12	12
LCD display	Blue Backlight	Blue Backlight
DRINK FIT	<input type="checkbox"/>	<input type="checkbox"/>
Permanent display	8	8
Heart Rate Controlled programmes	4	4
Resistance control	computer controlled	computer controlled
User	4+1	4+1
Drinking bottle	<input type="checkbox"/>	-
Adjustable handlebar	<input type="checkbox"/>	<input type="checkbox"/>
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>
Seat	3D Selle Royal	Gel/SDS
Safety free-wheel	<input type="checkbox"/>	<input type="checkbox"/>
Low entry access	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>
Braking system	Induction	Induction
Drive chain system	belt driven	belt driven
Gear transmission ratio	1:8	1:8
Flywheel mass	ca. 10 kg	ca. 10 kg
Load control	RPM independent	RPM independent
Load spectrum	40 intervals	40 intervals
Power supply	230 V, 50 Hz	230 V, 50 Hz
Class HA*	<input type="checkbox"/>	<input type="checkbox"/>
Max. body weight	150 kg	150 kg
Dimensions (L x W x H) cm	110 x 55 x 129	110 x 55 x 129
Colour	white/silver	white/silver
* DIN EN 957 - 1 / 5		

COMPUTER

FEATURES

TECHNICAL DATA



Item No.: 3170



Item No.: 3178



Item No. / Description	3170 EXUM	3178 EXUM STRESSLESS
Performance in watt	25-400 watt	25-400 watt
Distance / Time / Speed / RPM / Calorie Consumption	<input type="checkbox"/>	<input type="checkbox"/>
Integrated pulse receiver for chest belt	<input type="checkbox"/>	<input type="checkbox"/>
Ear pulse	<input type="checkbox"/>	<input type="checkbox"/>
Upper pulse limit adjustable	<input type="checkbox"/>	<input type="checkbox"/>
Pulse percentage for upper limit	<input type="checkbox"/>	-
Training note/grade when finished	<input type="checkbox"/>	-
Recovery pulse measurement	<input type="checkbox"/>	-
Training parameter adjustable	<input type="checkbox"/>	<input type="checkbox"/>
LCD display	Blue Backlight	Blue Backlight
Permanent display	8	5
Heart Rate Controlled programmes	4	1
Resistance control	computer controlled	computer controlled
User	1+1	1
Adjustable handlebar	<input type="checkbox"/>	<input type="checkbox"/>
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>
Saddle	Gel / SDS	Gel / SDS
Safety free-wheel	<input type="checkbox"/>	<input type="checkbox"/>
Low entry access	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>
Braking system	Induction	Induction
Drive chain system	belt driven	belt driven
Gear transmission ratio	1:8	1:8
Flywheel mass	ca.10 kg	ca.10 kg
Load control	RPM independent	RPM independent
Load spectrum	40 intervals	40 intervals
Power supply	230 V, 50 Hz	230 V, 50 Hz
Class HA*	<input type="checkbox"/>	<input type="checkbox"/>
Max. body weight	150 kg	150 kg
Dimensions (L x W x H) cm	110 x 55 x 129	110 x 55 x 129
Colour	dark grey / silver	dark grey / silver
* DIN EN 957 - 1 / 5		

COMPUTER

FEATURES

TECHNICAL DATA

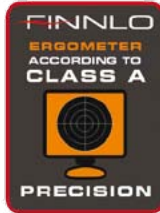


FLOOR MAT

Rubber mat floor protector for optimal noise reduction for cross trainers, cardio trainers and benches.
 Size: 120 x 70 x 1,0 cm
 Colour: black
 Item No.: 3921



3170 | EXUM



FINNLO

ROTON STRESSLESS



Flexible adjustment of the backrest (up to 90°) for perfect training ergonomics



QUICK LOCK- fast and easy adjustment of the seat position.



Item No. / Description 3166 | ROTON STRESSLESS

Item No. / Description	3166 ROTON STRESSLESS
Performance in watt.	25-400 watt.
Distance / Time / Speed / RPM / Calorie Consumption	<input type="checkbox"/>
Integrated pulse receiver for chest belt	<input type="checkbox"/>
Hand and Ear pulse	<input type="checkbox"/>
Upper pulse limit adjustable	<input type="checkbox"/>
Bottle holder / Newspaper holder	<input type="checkbox"/>
Chest belt (included)	<input type="checkbox"/>
Training value settings	<input type="checkbox"/>
LCD display	Blue Backlight
DRINK FIT	<input type="checkbox"/>
Permanent display	5
Heart Rate Controlled programmes	1
Resistance control	computer controlled
User	1
Drinking bottle	<input type="checkbox"/>
Integrated transportation rollers	<input type="checkbox"/>
Saddle	2 parts
Adjustable seat position vertical	stepless
Adjustable seat position horizontal	stepless
Safety free-wheel	<input type="checkbox"/>
Low entry access	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>
Computer	inclination adjustable
Precision ball bearings	<input type="checkbox"/>
Braking system	Induction
Drive chain system	belt driven
Gear transmission ratio	1:8
Flywheel mass	ca. 10 kg
Load control	RPM independent
Load spectrum	40 intervals
Power supply	230 V, 50 Hz
Class HA*	<input type="checkbox"/>
Max. body weight	150 kg
Dimensions (L x W x H) cm	175 x 70 x 114
Colour	silver/anthracite

COMPUTER

FEATURES

TECHNICAL DATA



FINNLO

3166 | ROTON STRESSLESS

FINNLO

CORUM CARDIOTRAINER

CORUM STRESSLESS

Item No. / Description	3100 CORUM	3104 CORUM STRESSLESS
Distance / Time / Speed / RPM / Calorie consumption	<input type="checkbox"/>	<input type="checkbox"/>
Hand / ear pulse/pulse receiver for chestbelt	<input type="checkbox"/> /-/-	<input type="checkbox"/> / <input type="checkbox"/> / <input type="checkbox"/>
Upper pulse limit adjustable	<input type="checkbox"/>	<input type="checkbox"/>
Training note/grade when finished	<input type="checkbox"/>	<input type="checkbox"/>
Recovery pulse measurement	<input type="checkbox"/>	-
LCD display	<input type="checkbox"/>	Blue Backlight
Permanent display	1 + 5	5
Resistance control	manual	computer controlled
User	1	1
Heart Rate Controlled programmes	-	1
Adjustable handlebar	<input type="checkbox"/>	<input type="checkbox"/>
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>
Saddle	Gel	Gel
Safety free-wheel	<input type="checkbox"/>	<input type="checkbox"/>
Low entry access	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>
Braking system	Permanent magnet	Permanent magnet
Drive chain system	belt driven	belt driven
Gear transmission ratio	1:8	1:8
Flywheel mass	ca. 6 kg	ca. 6 kg
Load control	RPM dependent	RPM dependent
Load spectrum	10 intervals	20 intervals
Power supply	Battery	230 V, 50 HZ
Max. Body weight	130 kg	130 kg
Dimensions (L x W x H) cm	95 x 50 x 125	95 x 50 x 125
Colour	midnight blue/silver	white/silver

COMPUTER

FEATURES

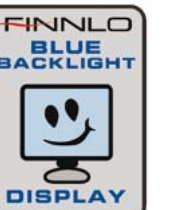
TECHNICAL DATA



3100 | CORUM



3104 | CORUM STRESSLESS





ERGOMETER

ERGOMETER

ERGOMETER

ERGOMETER

RECUMBENT BIKE

CARDIOTRAINER

CARDIOTRAINER

Item No.: / Description

3177 EXUM XTR SNOW

3176 EXUM XT SNOW

3170 EXUM

3178 EXUM STRESSLESS

3166 ROTON STRESSLESS

3104 CORUM STRESSLESS

3100 CORUM

COMPUTER

FEATURES

TECHNICAL DATA

Performance in watt	25-400 Watt	25-400 Watt	25-400 Watt	25-400 Watt	25-400 Watt	-	-
Distance / Time / Speed / RPM / Calorie consumption	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integrated pulse receiver for chest belt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-
Hand / ear pulse	-/ <input type="checkbox"/>	-/ <input type="checkbox"/>	-/ <input type="checkbox"/>	-/ <input type="checkbox"/>	-	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
Lower/Upper pulse limit adjustable	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	-/ <input type="checkbox"/>	-/ <input type="checkbox"/>	-/ <input type="checkbox"/>	-/ <input type="checkbox"/>	-/ <input type="checkbox"/>
Pulse percentage for upper limit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-	-
Quick START	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-	-	-
Quick HRC	<input type="checkbox"/>	-	-	-	-	-	-
Average training value after exercising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-	-
Chest belt (included)	<input type="checkbox"/>	-	-	-	<input type="checkbox"/>	-	-
Recovery pulse measurement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-	-	<input type="checkbox"/>
Training value settings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Training profiles	12	12	-	-	-	-	-
LCD-Display	Blue Backlight	Blue Backlight	Blue Backlight	Blue Backlight	Blue Backlight	Blue Backlight	Standard
Permanent Display	8	8	8	5	5	5	1+5
Heart Rate Controlled programmes	4	4	4	1	1	1	-
Resistance control	Computer controlled	Computer controlled	Computer controlled	Computer controlled	Computer controlled	Computer controlled	manual
USER	4+1	4+1	1+1	1	1	1	1
Drinking bottle/Newspaper holder/DRINK FIT	<input type="checkbox"/> <input type="checkbox"/>	-/ <input type="checkbox"/> <input type="checkbox"/>	-/ <input type="checkbox"/> <input type="checkbox"/>	-/ <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	-/ <input type="checkbox"/> <input type="checkbox"/>	-/ <input type="checkbox"/> <input type="checkbox"/>
Adjustable handlebar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	<input type="checkbox"/>	<input type="checkbox"/>
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Seat	3D Selle Royal Seat	SDS	SDS	SDS	2 piece	<input type="checkbox"/>	<input type="checkbox"/>
Backrest position adjustable	-	-	-	-	stepless	-	-
Seat position horizontally adjustable	4 x	4 x	4 x	4 x	stepless	stepless	stepless
Safety free-wheel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low entry access	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Braking system	Induction	Induction	Induction	Induction	Induction	Permanent magnet	Permanent magnet
Drive chain system	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven	Belt driven
Gear transmission ratio	1:8	1:8	1:8	1:8	1:8	1:8	1:8
Flywheel mass	ca. 10 kg	ca. 10 kg	ca. 10 kg	ca. 10 kg	ca. 10 kg	ca. 6 kg	ca. 6 kg
Load control	RPM independent	RPM independent	RPM independent	RPM independent	RPM independent	RPM dependent	RPM dependent
Load spectrum	40 Steps	40 Steps	40 Steps	40 Steps	40 Steps	20 Steps	10 Steps
Power supply	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	230 V, 50 Hz	Battery
Class A*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-	-
Max. body weight	150 kg	150 kg	150 kg	150 kg	150 kg	130kg	130 kg
Dimensions (L x W x H) cm	110 x 55 x 129	110 x 55 x 129	110 x 55 x 129	110 x 55 x 129	175 x 70 x 114	95 x 50 x 125	95 x 50 x 125
Colour	white/silver	white/silver	dark grey/silver	dark grey/silver	dark grey/silver	white/silver	midnight blue/silver

* DIN EN 957 - 1 / 5

SPEEDBIKE CRX / CRS / SPEEDBIKE

Item No. / Description	3201 SPEEDBIKE CRX	3202 SPEEDBIKE CRS	3200 SPEEDBIKE
COMPUTER			
Distance / Time / Speed / RPM	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Integrated chest receiver for pulse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ear pulse measurement	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upper pulse limit adjustable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Training programme adjustable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
LCD Display	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Permanent display	2	2	2
Resistance control	manual	manual	manual
Drinking bottle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
FEATURES			
Adjustable handlebar	vertical / horizontal	vertical / horizontal	vertical / horizontal
Adjustable seat	vertical / horizontal / declination	vertical / horizontal / declination	vertical / horizontal / declination
Racing seat	Selle Royal	Selle Royal	Selle Royal
Integrated transportation rollers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Height adjustment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPD pedals	<input type="checkbox"/>	-	-
TECHNICAL DATA			
Precision ball bearings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety free-wheel	-	-	<input type="checkbox"/>
Braking system	Felt brake	Felt brake	Felt brake
Drive chain system	Belt driven	Belt driven	Chain
Gear transmission ratio	1:3	1:3	1:3
Flywheel mass	30 kg	25 kg	18 kg
Load control	RPM dependent	RPM dependent	RPM dependent
Load spectrum	stepless manual	stepless manual	stepless manual
Power supply	Battery	Battery	Battery
Max. body weight	150 kg	150 kg	150 kg
Dimensions (L x W x H) cm	128 x 55 x 125	125 x 58 x 136	129 x 50 x 120
Colour	silver / chrome	black / chrome	black / chrome

FINNLO



3202 | SPEED BIKE CRS



3201 | SPEED BIKE CRX

3200 | SPEED BIKE



Pedal for racing shoes (SPD-Click-System) or normal training shoes



COMPUTER

Item No. / Description	3506 ENDURANCE II
Incline / Time / Distance / Speed	<input type="checkbox"/>
Calorie consumption	<input type="checkbox"/>
Altimeter	<input type="checkbox"/>
Pulse	<input type="checkbox"/>
Programmes in total	26
Programmes in detail	1 manual

FEATURES

	7 incline programmes
	5 combined programmes
	7 Speed programmes
User programmes	2
Pulse controlled training (HRC)	4 (55%, 75%, 95%, IND)
LCD display	2x
LED display	8 x 16 Dot matrix
Quick button for	6/6

TECHNICAL DATA

Speed and incline	
Hand pulse	<input type="checkbox"/>
Integr. Pulse receiver for chest belt	<input type="checkbox"/>
Chest belt for heart monitor	not included
Ventilator	2 x 2 speeds
Motor	continuous 1,9 kW (2,50 PS)
Speed	1-20 km/h in 0,1 km/h steps
Incline	0-12 % in 1 % Steps motorised
Touch Control	2x
Running area in cm	148 x 51
Transportation rollers	2 Rollers transport system
Power supply	230 V, 50 Hz
Total weight	101 kg
Max. body weight	160 kg
Folded size (L x W x H) in cm	93 x 87 x 170
Built up size (L x W x H) in cm	187 x 87 x 148
Colour	anthracite



Space saving design



3506 | ENDURANCE II



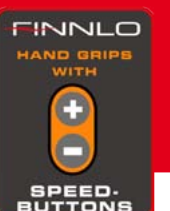
ALTIMETER



FINNLO "EASY MOVE"
Transportation rollers



Adjustable incline from
0 to 12 % motorised



TECHNUM II space saving folding system



FINNLO "EASY MOVE" Transportation rollers



Motorised adjustable incline from 0 to 10 %



ALTIMETER



ALPINE II space saving folding system



Motorised adjustable incline from 0 to 12 %

COMPUTER

FEATURES

TECHNICAL DATA

Item No.: / Description	3505 ALPINE II	3504 TECHNUM II
Incline	<input type="checkbox"/>	<input type="checkbox"/>
Time	<input type="checkbox"/>	<input type="checkbox"/>
Distance	<input type="checkbox"/>	<input type="checkbox"/>
Speed	<input type="checkbox"/>	<input type="checkbox"/>
Calorie consumption	<input type="checkbox"/>	<input type="checkbox"/>
Altimeter	<input type="checkbox"/>	-
Pulse	<input type="checkbox"/>	<input type="checkbox"/>
Programmes in total	23	9
Programmes in detail	1 manual 7 incline programmes 6 combined programmes 3 speed programmes	1 manual 6 combined programmes
User programmes	2 x	-
Pulse controlled training (HRC)	4 (55%, 75%, 95%, IND)	2 (75%, IND)
LCD Display	2x	3x
LED Display	8 x 8 Dot Matrix	-
Quick button for speed and incline	6/6	-
Hand pulse	<input type="checkbox"/>	<input type="checkbox"/>
Integr. Pulse receiver for chest belt	<input type="checkbox"/>	<input type="checkbox"/>
Chest belt for heart monitor	not included	not included
Motor	continuous 1,5 kW (2,0 HP)	continuous 1,1 kW (1,5 HP)
Speed	1-18 km/h steps	1-16 km/h in 0,1 km/h steps
Incline	0-12 % in 1 % steps motorised	0-10 % in 1 % steps motorised
Touch Control	2x	2x
Running area in cm	140 x 48	135 x 44
Transportation rollers	2 rollers transport system	2 rollers transport system
Power supply	230 V, 50 Hz	230 V, 50 Hz
Total weight	97 kg	81 kg
Max. body weight	150 kg	135 kg
Folded size (L x W x H) in cm	90 x 82 x 160	89 x 77 x 154
Built up size (L x W x H) in cm	179 x 82 x 148	174 x 77 x 135
Colour	dark grey	dark grey

FINNLO

ROWER AQUON XTR

COMPUTER

Item No. / Description	3702 AQUON XTR
User	4
Distance	□
Time	□
Integrated chest belt receiver	□
Programmes	11
Pacer programme	□
Strokes	□
Watt	30-300 Watt
Calorie consumption	□
Time/500m	□
Training programme	□
LCD display	Blue Backlight
Permanent display	11

FEATURES

Foot rests	Foot straps, turnable
Integrated transportation rollers	□
Foldable	□

TECHN. DATA

Load spectrum	RPM independent
Power supply	230 Volt 50 Hz
Class SA*	□
Max. body weight	150 kg
Resistance control	16 steps magnet/air resistance
Drive system	Belt driven
Resistance	computer controlled
Folded size (L x W x H) in cm	130 x 60 x 170
Build up size (L x W x H) in cm	240 x 60 x 90
Colour	silver / black

* DIN EN 957-1/-7



Stepless horizontally and vertically adjustable computer. Clear and precise LCD display with an aqua coloured back-light screen for optimum clarity during workout.



Roller bearing sports seat for smooth and silent rowing. Max. body weight 150 Kg.



FINNLO



Ergonomically formed foot rests. Individually adjustable with foot straps for maximum hold.



The typical FINNLO combination technology, magnet and air resistance guarantees perfect stroke action.

3702 | AQUON

TRAINING		Item No. / Description	3810 BIO FORCE
		Butterfly	<input type="checkbox"/>
		Benchpress	<input type="checkbox"/>
		Latissimus sitting	<input type="checkbox"/>
		Rowing	<input type="checkbox"/>
		Leg flexion standing	<input type="checkbox"/>
		Leg flexion sitting	<input type="checkbox"/>
		Leg press	<input type="checkbox"/>
		Other exercises	more than 100 exercises
		Seat vertically adjustable	<input type="checkbox"/>
		Resistance	nitrogen cylinders
		Max. body weight	135 kg
		Max. traction weight	100 kg
		Built up size (L x W x H) cm	134 x 165 x 208
		Dimensions (L x W x H) cm	165 x 165 x 208
		Colour	silver

REVOLUTIONARY BIO FORCE™ TNT SYSTEM



FINNLO BIO FORCE™ . . . SLIDE-N-LOCK RESISTANCE.

Change the Bio Force™ weight from 5kg to 100kg without getting off the machine, it's fast, it's easy, bilateral training 2,5 kg - 50 kg in 1 kg steps.



FINNLO BIO FORCE™

ACCESSORY SET: Item No.: 3811

The Bio Force™ storage case fits into the back of the Bio Force™ TNT System and holds a set of chrome handles, a cushioned ankle cuff for added support and comfort and a triceps rope.

FINNLO BIO FORCE™ TOTAL NITROCELL TECHNOLOGY.

Bio Force has TNT for Total Nitrocell Technology – Each Bio Force™ uses two nitrogen-charged cylinders to create resistance. These cylinders provide Bio Force™ with its amazingly smooth fluid resistance and offer true resistance through the full range of motion. Work your muscles effectively from the very beginning of the rep, the middle and the end, each time – every time.

NO WEIGHT BLOCKS MEANS: NO NOISE & NO TRANSPORT PROBLEMS

OVER 100 DIFFERENT TRAINING POSSIBILITIES!

Go straight from a shoulder press to a lat pull down then onto triceps work without making any changes to the BioForce™. No wasted time. Faster changeover means you can do more, different exercises - work more parts of your body. So you can do a whole workout in a fraction of the time. Change the Bio Force™ weight from 5kg to 100 kg without getting off the machine, it's fast, it's easy.



press release in:



3810 | BIO FORCE



BIO FORCE ULTIMATE inclusive POWER BENCH

POWER BENCH features:

- Perfect accessory for professional bench press, incline bench press, "flys", rowing, shoulder press, lat-pull, etc.
- 5x adjustable backrest
- Automatic seat and backrest adjustment
- Seat angle from 0 - 80 degrees
- Quick and easy mounting onto the BIO FORCE gym with click-system
- BIO FORCE comfort backrest
- Quality steel framed with a max. body weight of up to 150 kg
- Built up size: 114/120 x 49 x 106 cm



MORE THAN 20 ADDITIONAL EXERCISES POSSIBLE

3812 | BIO FORCE ULTIMATE
(including POWER BENCH)

POWER BENCH separate - Item No.: 3813

TRAINING		Item No. / Description	3812 BF ULTIMATE
		Butterfly	<input type="checkbox"/>
		Bench press	<input type="checkbox"/>
		Latissimus sitting	<input type="checkbox"/>
		Rowing	<input type="checkbox"/>
		Leg flexion standing	<input type="checkbox"/>
		Leg flexion sitting	<input type="checkbox"/>
		Leg press	<input type="checkbox"/>
		Other exercises	more than 120 possible
		Seat vertically adjustable	<input type="checkbox"/>
		Weights	nitrogen cylinders
		Max. body weight	135 kg
		Max. traction weight	100 kg
		Built up size (L x W x H) cm	185 x 165 x 208
		Required space (L x W x H) cm	185 x 165 x 208
		Colour	silver

FEATURES LIKE ITEM NO. 3810 PLUS

- **MAXIMUM RESISTANCE UP TO 115KG**
- **PROFESSIONAL CURL-BENCH**

TRAINING

TECHN. DATA

Item No. / Description	3815 BF CHALLENGE
Butterfly	<input type="checkbox"/>
Benchpress	<input type="checkbox"/>
Latissimus sitting	<input type="checkbox"/>
Rowing	<input type="checkbox"/>
Leg flexion standing	<input type="checkbox"/>
Leg flexion sitting	<input type="checkbox"/>
Legpress	<input type="checkbox"/>
Other exercises	more than 120 possible
Seat vertically adjustable	<input type="checkbox"/>
Resistance	nitrogen cylinders
Max. body weight	135 kg
Max. traction weight	100 kg
Built up size (L x W x H) cm	190 x 165 x 208
Dimensions (L x W x H) cm	190 x 165 x 208
Colour	silver



Connect curl bar onto the BIO FORCE GYM using a steel clip (included with product). Can also be used with standard weight plates.



Sensational back and lat training variations can be achieved.



INCLUSIVE BARBELL!

MORE THAN 20 ADDITIONAL EXERCISES POSSIBLE



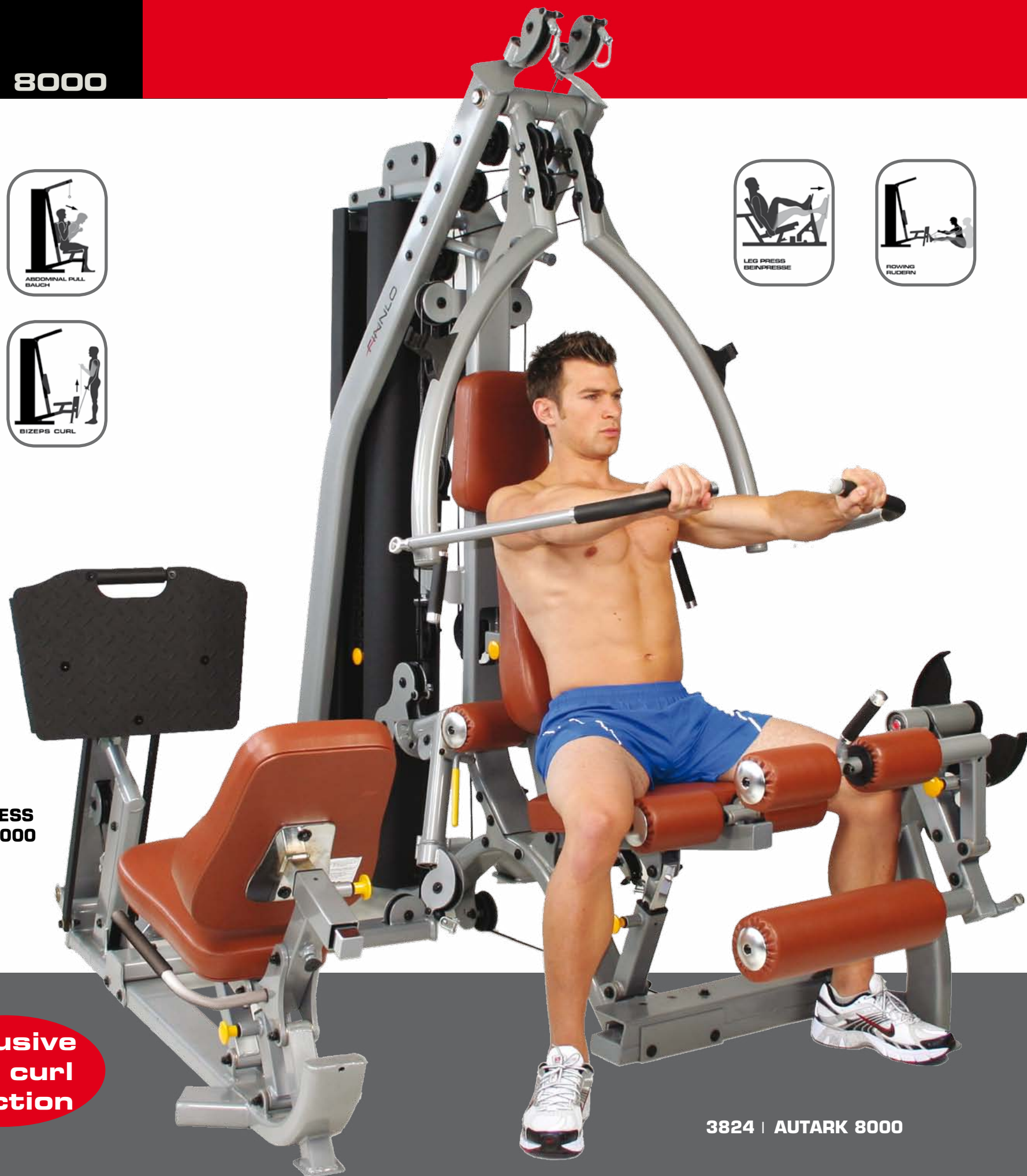
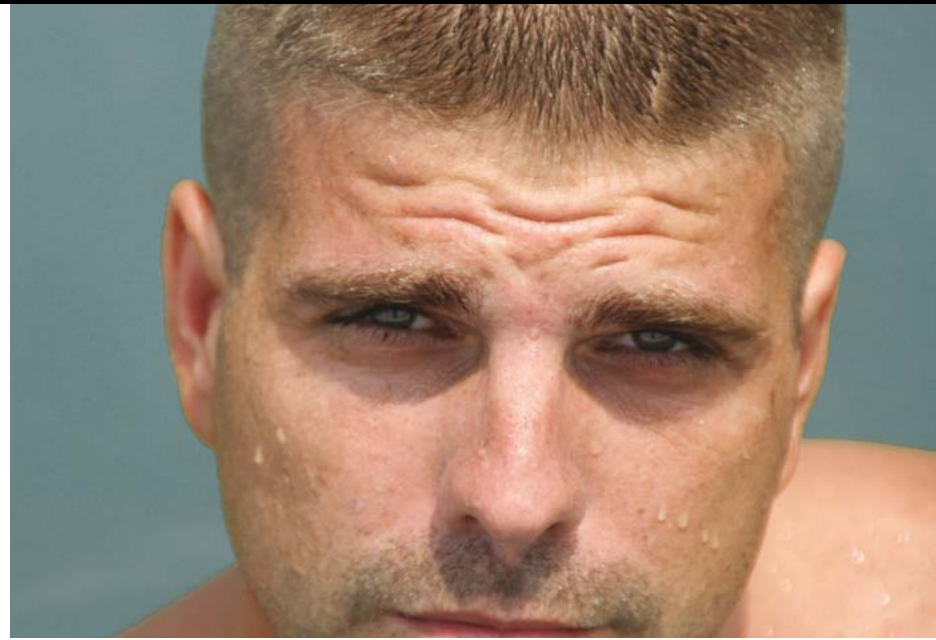
**MORE RESISTANCE!
115 KG**



3815 | BIO FORCE CHALLENGE

CURL BENCH separate - Item No.: 3814

WITH THE FINNLO CURL-BENCH YOUR BIOFORCE HOME GYM IS TRANSFORMED INTO A COMPLETE STUDIO WORKOUT STATION



TRAINING

TECHN. DATA

Item No. / Description	3824 AUTARK 8000	3822 AUTARK 7000
Butterfly	<input type="checkbox"/>	<input type="checkbox"/>
Bench-press	<input type="checkbox"/>	<input type="checkbox"/>
Neck press	<input type="checkbox"/>	<input type="checkbox"/>
Back pull, ABs	<input type="checkbox"/>	<input type="checkbox"/>
Latissimus sitting	<input type="checkbox"/>	<input type="checkbox"/>
Rowing	<input type="checkbox"/>	<input type="checkbox"/>
Leg flexion standing	<input type="checkbox"/>	<input type="checkbox"/>
Leg flexion sitting	<input type="checkbox"/>	<input type="checkbox"/>
Leg press	<input type="checkbox"/>	-
Seat vertically adjustable	<input type="checkbox"/>	<input type="checkbox"/>
Backrest adjustable	Horizontal/Inclination	Horizontal/Inclination
Weight blocks	90 kg	90 kg
	20 plates à 4,5 kg	20 plates à 4,5 kg
Max. traction weight	120 kg	120 kg
Max. weight load leg press	130 kg	-
Max. body weight	120 kg	120 kg
Built up size (L x B x H) cm	200 x 155 x 212	200 x 110 x 212
Space required (L x B x H) cm	200 x 155 x 212	200 x 110 x 212
Colour	silver / brown	silver / brown

3823 | LEG PRESS FOR AUTARK 7000



Flexible adjustment of the seat for all body sizes



Flexible adjustment of the backrest for perfect training ergonomics



Ergonomically formed leg press adjusts to fit even the tallest person up to 2,10 m

Inclusive Leg curl function

3824 | AUTARK 8000



TRAINING

TECHN. DATA

Item No. / Description	3803 AUTARK 5000	3802 AUTARK 3000
Butterfly	<input type="checkbox"/>	<input type="checkbox"/>
Benchpress	<input type="checkbox"/>	<input type="checkbox"/>
Neck press	<input type="checkbox"/>	<input type="checkbox"/>
Back pull, AB pull	<input type="checkbox"/>	<input type="checkbox"/>
Latissimus sitting	<input type="checkbox"/>	<input type="checkbox"/>
Rowing	<input type="checkbox"/>	<input type="checkbox"/>
Leg flexion standing	-	<input type="checkbox"/>
Leg flexion sitting	<input type="checkbox"/>	<input type="checkbox"/>
Leg press	<input type="checkbox"/>	-
Seat vertically adjustable	<input type="checkbox"/>	<input type="checkbox"/>
Backrest adjustable	Horizontal/Inclination	Horizontal/Inclination
Weight blocks	102 kg 17 plates à 6 kg	102 kg 17 plates à 6 kg
Max. traction weight	120 kg	120 kg
Max. traction weight leg press	150 kg	-
Max. body weight	120 kg	120 kg
Built up size (L x B x H) cm	218 x 200 x 220	218 x 168 x 220
Dimensions (L x B x H) cm	225 x 207 x 220	225 x 168 x 220
Colour	silver / brown	silver / brown



Autark 5000
Leg press

3x height adjustment
Latissimus unit up
to 2,15m



3802 | AUTARK 3000



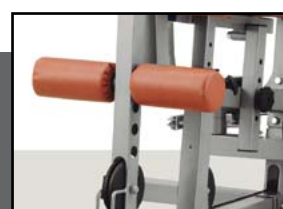
3803 | AUTARK 5000



Flexible adjustment
of the seat for all
body sizes



Flexible adjustment of the
backrest for perfect
training ergonomics



4x adjustable leg curler
for maximum suitability
for all leg sizes



Ergonomically formed
leg press adjustable to fit
even the tallest person
up to 2,10 m

Item No. / Description	3831 AUTARK 2200	3832 AUTARK 2500
TRAINING		
Butterfly	<input type="checkbox"/>	<input type="checkbox"/>
Benchpress	<input type="checkbox"/>	<input type="checkbox"/>
Biceps/AB	<input type="checkbox"/>	<input type="checkbox"/>
Rowing	<input type="checkbox"/>	<input type="checkbox"/>
Latissimus sitting	<input type="checkbox"/>	<input type="checkbox"/>
Leg flexion standing	<input type="checkbox"/>	<input type="checkbox"/>
Leg curler sitting	<input type="checkbox"/>	<input type="checkbox"/>
Bilateral Training	on the side	on the side
Seat vertically adjustable	<input type="checkbox"/>	<input type="checkbox"/>
Backrest adjustable	vertical	vertical
TECHN. DATA		
Weights	80 kg	80 kg
	16 Plates à 5 kg	16 Plates à 5 kg
Max. traction weight	90 kg	90 kg
Max. body weight	120 kg	120 kg
Built up size (L x W x H) cm	165 x 145 x 215	212 x 220 x 215
Required space (L x W x H) cm	200 x 225 x 215	240 x 300 x 215
Colour	silver / brown	silver / brown

**Upgradeable
to 100 KG
possible**



3831 | AUTARK 2200



3832 | AUTARK 2500

4x adjustable leg curler for maximum suitability for all leg sizes allows real leg curl workout like in a professional fitness studio



Flexible adjustment of the backrest for perfect training ergonomic



160 degree turnable roller system for maximum movement amplitude
Variable height adjustment for workout variations

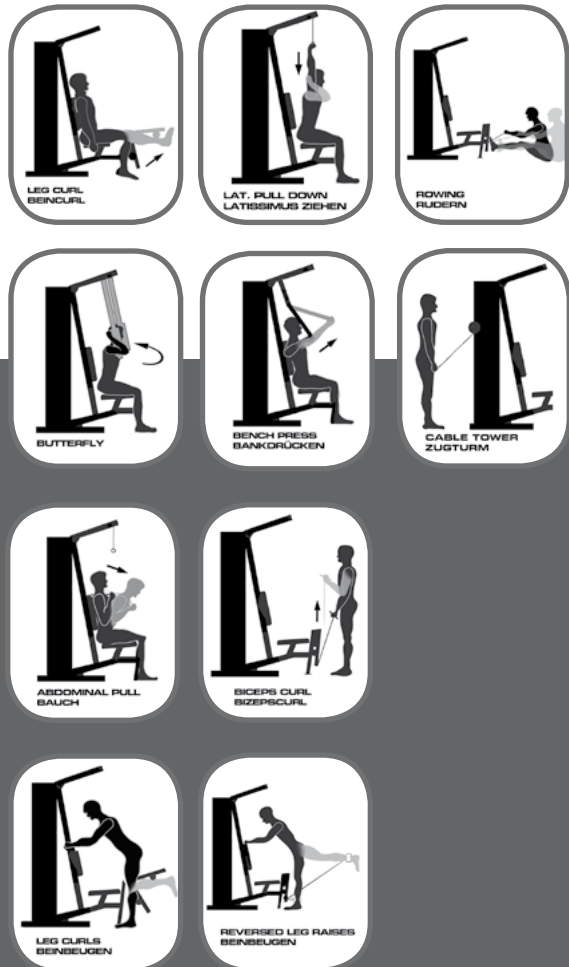


3833 | AUTARK 2500
Leg press



Ergonomically formed leg press adjustable to fit even the tallest person up to 2,10 m

**Inclusive
Leg curl
function**



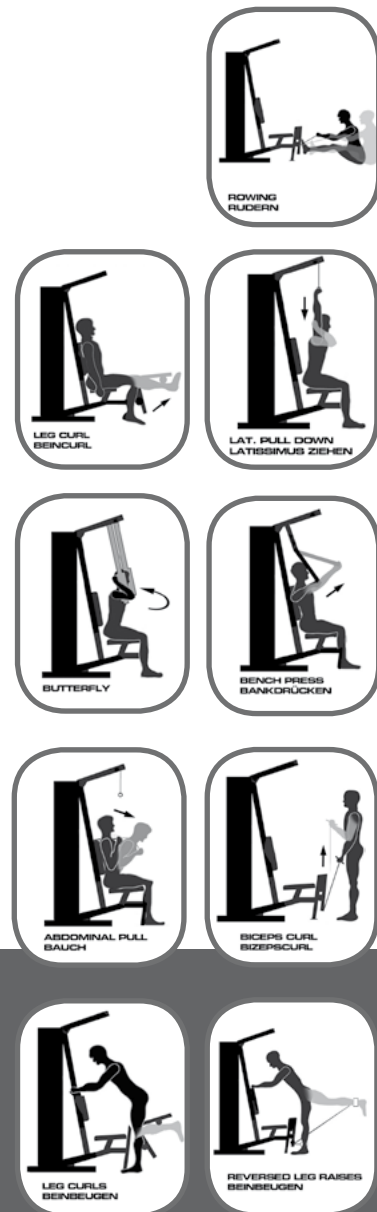
	Item No.: / Description	3826 AUTARK 1000	3830 AUTARK 1500	
TRAINING	Butterfly	<input type="checkbox"/>	<input type="checkbox"/>	
	Benchpress	<input type="checkbox"/>	<input type="checkbox"/>	
	Biceps/AB	<input type="checkbox"/>	<input type="checkbox"/>	
	Latissimus sitting	<input type="checkbox"/>	<input type="checkbox"/>	
	Rowing	<input type="checkbox"/>	<input type="checkbox"/>	
	Leg curler sitting	-	<input type="checkbox"/>	
	Leg flexion sitting	<input type="checkbox"/>	<input type="checkbox"/>	
	Seat vertically adjustable	<input type="checkbox"/>	<input type="checkbox"/>	
	TECHN. DATA	Backrest adjustable	Vertical	Vertical
		Weights	80 kg 16 Plates à 5 kg	80 kg 16 Plates à 5 kg
Max. traction weight		90 kg	90 kg	
Max. body weight		120 kg	120 kg	
Built up size (L x W x H) cm		145 x 115 x 215	165 x 145 x 215	
Required space (L x W x H) cm		200 x 115 x 215	200 x 225 x 215	
Colour		silver / brown	silver / brown	

Item No.: / Description
3835 Extra weights
 4 x 5 kg Weight plates for
 AUTARK 1000/1500/2200/2500

**Upgradeable
to 100 KG
possible**



3826 | AUTARK 1000



3830 | AUTARK 1500



Flexible adjustment of the backrest for perfect training ergonomics



Professional butterfly arm five angle adjustment possibilities



Flexible adjustment of the backrest for all body-sizes



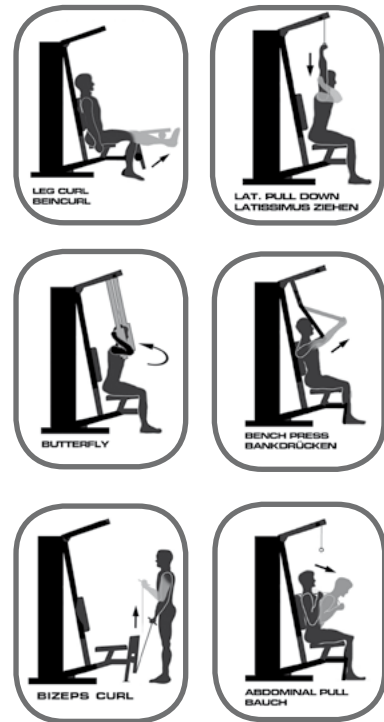
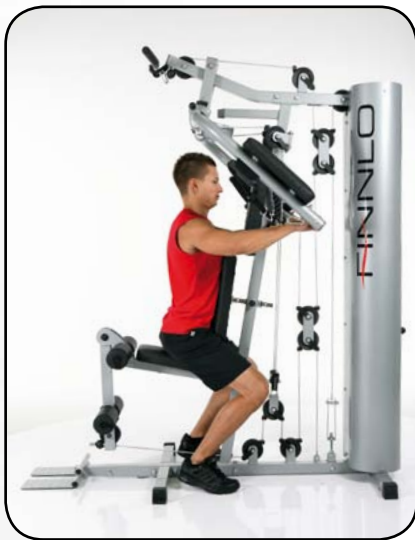
4x adjustable leg curler for maximum suitability for all leg sizes

**Inclusive
Leg curl
function**



NEW
 „CABLE-CROSS“ FUNCTION:

- Effective chest training through pretensioning
- Separate training possibilities for upper, middle and lower chest muscles.
- Guaranteed „free-weight feeling“!



Item No.: / Description		3825 AUTARK 600
TRAINING	Butterfly	<input type="checkbox"/>
	Benchpress	<input type="checkbox"/>
	Biceps	<input type="checkbox"/>
	AB's	<input type="checkbox"/>
	Back pull	<input type="checkbox"/>
	Latissimus seated	<input type="checkbox"/>
	Lower cable	<input type="checkbox"/>
	Cable-Cross	<input type="checkbox"/>
TECHN. DATA	Rowing seated	<input type="checkbox"/>
	Leg curl seated	<input type="checkbox"/>
	Weight block	80 kg, 16 Plates à 5 kg
	Leg extension	in 2 positions
	Max. traction weight	80 kg
	Max. body weight	120 kg
	Built up size (L x W x H) cm	185 x 79 x 196
	Required space (L x W x H) cm	200 x 100 x 196
Colour	silver / black	



3825 | AUTARK 600

FINNLO

MULTI-GYMS AUTARK 500



Patented FINNLO MTS-SYSTEM for:

- Double traction weight (1: 2)
- Maximum traction weight up to 120 Kg



3804 | AUTARK 500

Item No. / Description	3804 AUTARK 500
Butterfly	<input type="checkbox"/>
Benchpress	<input type="checkbox"/>
Biceps	<input type="checkbox"/>
AB`s	<input type="checkbox"/>
Back trainer	<input type="checkbox"/>
Latissimus sitting	<input type="checkbox"/>
Rowing	<input type="checkbox"/>
Leg curler standing	<input type="checkbox"/>
Leg curler 2x adjustable	<input type="checkbox"/>
Leg flexion sitting	<input type="checkbox"/>
Weight blocks	60 kg
	4 x 10 kg + 4 x 5 kg
Max. traction weight	120 kg
Max. body weight	120 kg
Built up size (L x W x H) cm	145 x 106 x 202
Required space (L x W x H) cm	185 x 106 x 202
Colour	silver / brown

TRAINING

TECHN. DATA



Item No. / Description 3918 | PULL-UP BAR

Colour	chrome / black
Max. Load	Max weight load 120 kg when assembled on steel, concrete, wall or ceiling.
Description	



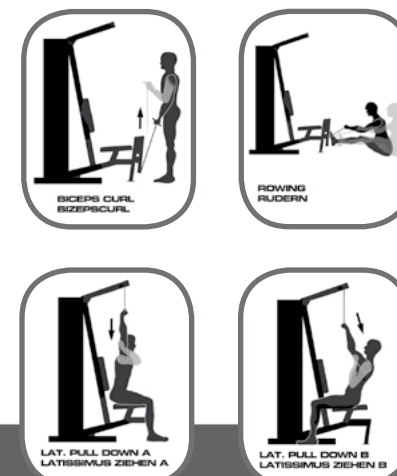
3918 | PULL-UP BAR

Item No. / Description 3862 MULTI LAT-TOWER

Latissimus sitting	<input type="checkbox"/>
Rowing	<input type="checkbox"/>
Seat Pos. vertically adjustable	<input type="checkbox"/>
Weights	not included
Max. body weight	120 kg
Max. traction weight	120 kg
Max. weight load	120 kg
Dimensions (L x W x H) cm	141 x 120 x 210
Colour	silver / brown

TRAINING

TECHN. DATA



3862 | MULTI LAT-TOWER

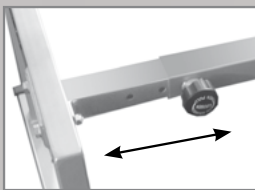
Item No. / Description	3858 BARBELL TRAINING STATION	3854 INCLINE BENCH
Colour	silver	silver / black
Dimensions in cm (L x W x H)	80 x 73 - 117 x 90 - 160	125 x 54 x 140
Max. Load	200 kg	250 kg
Description	14x height adjustable, 6 x width adjustable suitable for bench press and squats. Barbell and weight plates not included.	Backrest (80 cm). Adjustable: backrest: 6x; Seat: 3x.

Item No. / Description	3883 BARBELL TRAINING STATION	3885 INCLINE BENCH
Colour	silver / chrome	silver / brown
Dimensions in cm (L x W x H)	98 x 136-172 x 102-168	125 x 60 x 50 -135
Max. Load	250 kg	300 kg
Description	Width 5x adjustable, Height 8x adjustable, Barbell and weight plates not included.	Seat 3x adjustable, Backrest 9x adjustable. Backrest dimensions: 81 x 30 cm

3858 | BARBELL TRAINING STATION



Backrest adjustable up to 90 degrees



Adjustable from 77 cm to 102 cm, also suitable for Olympic barbells.

3854 | INCLINE BENCH

3883 | DESIGN LINE - BARBELL TRAINING STATION



Inside distance: adjustable from 80 cm - 114 cm



Quick adjustment of inclination through foot pedal

3885 | DESIGN LINE - INCLINE BENCH



3740 | AB DOMINOX

Item No. / Description	3740 AB DOMINOX	3742 AB DOMINOX Additional weights
Colour	black	black
Dimensions in cm (L x W x H)	76 x 76 x 70	2x 1 Kg
Description	Spine-friendly AB training including power belt for more effective AB Training	Additional weights for more effective AB Training



POWER BELT for more intensive AB Training and even more training variation "you will feel it...!"

Ergonomically formed swivelled head rest, provides the perfect support during training

Additional weights for power AB training. More weight = more sixpacks! Item No. : 3742

Anti-slip profile for stability on any floor

Item No. / Description	3745 AB TECH	3746 AB TECH Additional weights
Colour	black	red
Dimensions (L x W x H)	76 x 76 x 70 cm	2x 1 Kg
Description	Effective, spine-friendly AB training through muscle pre-tensioning. Including power belt for more intensified AB training.	Additional weights for more effective AB training

**PATENTED
WORLD'S FIRST
AB TRAINER
OF ITS KIND!**



3745 | AB TECH



POWER BELTS for more intensive AB workout



BULLHORN grips for muscle pre-tensioning

- NEW**
- Upper „BULLHORN“ grips for maximum AB results through muscle pre-tensioning
 - Ergonomically formed movable headrest for optimal comfort
 - Anti-Slip rubber base for best grip during workout

**APPROVED
STUDIO
QUALITY**



3850 I AB & BACK TRAINER



Back training



Arm training

Item No./Description 3850 I AB & BACK TRAINER

Colour	silver / brown
Description in cm (L x W x H)	152 x 68 x 82 118 x 68 x 33 (folded)
Max. body weight	150 kg
Description	Multi function AB/back trainer. Ergonomically optimised body posture for AB/back training. Prevents spinal injuries and hollow back syndrome. Dumbbells not included.



3860 I TRICON



Item No. / Description 3860 I BACK TRAINER TRICON

Colour	silver / black
Dimensions in cm (L x W x H)	111 x 55 x 93 cm 41 x 55 x 136 cm (folded)
Max. load weight	130 kg

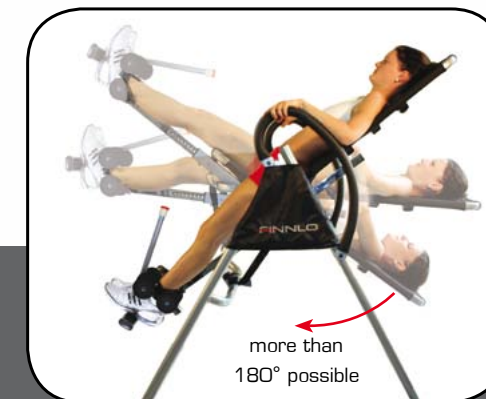
General Product Information:

- Ergonomically optimised body position for back training, strengthens and avoids hollow back syndrome. Strengthening the back and spinal muscles with TRICON helps to avoid back pain.
- height adjustable stomach pad for perfect fit to all body sizes
 - Safety handles for start/end training
 - Comfortable foot pads
 - Space saving design when folded



3863 I ECON

Perfect relaxation for back muscles and spine

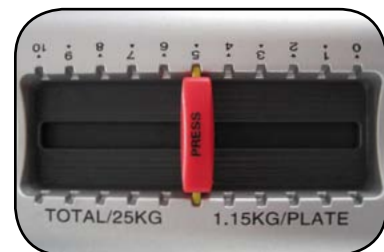


The perfect tension release for spinal column and back muscles

Item No. / Description	3863 I ECON
Colour	black / silver
Size / Weight	Max. body weight: 120 Kg Dimensions: 160 x 72 x 153 cm Folded: 50 x 72 x 206 cm
Max. body size	192 cm
Description	Releases tension from the spinal column and promotes blood flow. Quick adjustable maximum angle and foot straps. Safety strap to protect against rollover.

FINNLO VARIOTECH

...the same as having 21 different dumbbells



quick setting from
1.15; 2.3;...- 25 kg



6764 | VARIOTECH SET



- 2 dumbbells with 2x10 pcs of selectable 1,15kg weight plates including weight holder rack
- simple & effective quick-slider mechanism
- possible weight settings per dumbbell: 1.15; 2.3;...- 25kg
Item No.: 6760

Recommended accessories:

- Weight rack holder with simple "slot-in" joints
Item No.: 6763

VARIOTECH SET

- includes items 6760 and 6763
Item No.: 6764
Size: 50 x 69 x 69 cm

VARIOTECH EXERCISE BENCH

REVOLUTIONARY DUMBBELL BENCH SYSTEM: COMPACT, PROFESSIONAL WITH A PERFECT DESIGN

Multifunctional bench for your "Home Studio Training"

- Comfortable backrest/seat in an ergonomic shape. Supports training routines until the end position of the exercise
- Backrest adjustable up to 90 degrees
- Powder coated, gloss finished steel frame
- Transportation rollers with hand grip for easy movement of the bench
- 2 Variotech dumbbell holders for comfortable super-sets workout

Variotech dumbbells are NOT included

3888 | VARIOTECH BENCH

6760 | VARIOTECH
DUMBBELLS



Backrest 5x adjustable using comfort foot pedal

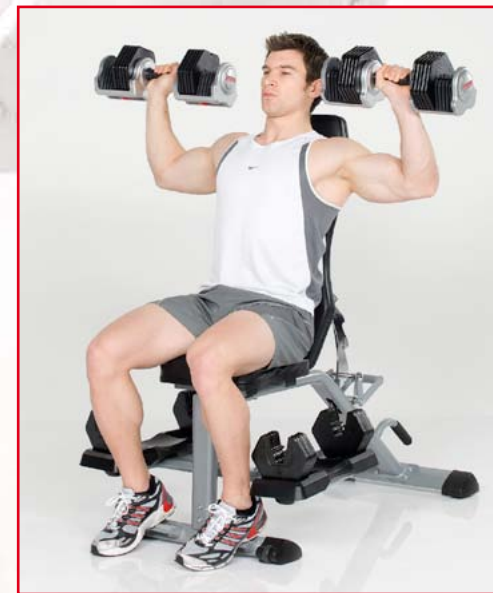


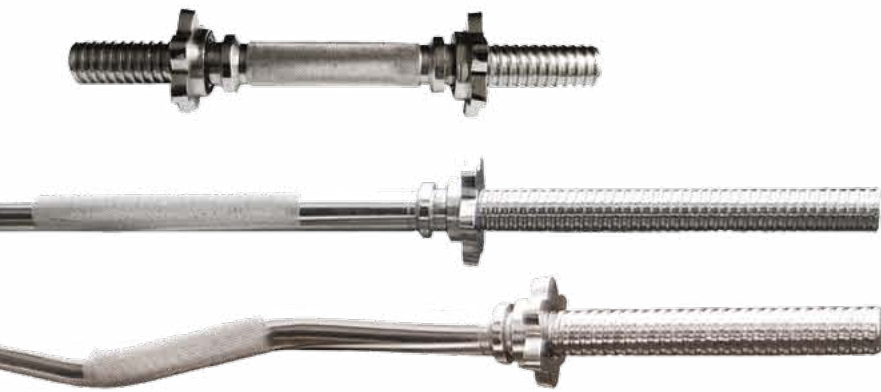
Easily transportable

TRAINING

Item No. / Description	3888 VARIOTECH BENCH
Backrest vertically adjustable	0 - 90 degrees
Max. load (Body weight + weights)	250 kg
Built up size (L x W x H) cm	120 x 69 x 121
Dimensions (L x W x H) cm	120 x 69 x 121
Colour	silver/black

Item no. 6760 VARIOTECH Dumbbell are NOT included!





BARBELLS



WEIGHT PLATES



PUZZLE MAT

6-Piece floor protection mat with excellent damping characteristics. Perfect dumbbell or Boxing workout. Size: 190 x 130 x 1,2 cm Colour: black Item No. 99996



FLOOR MAT

Rubber mat floor protector for optimal noise reduction for cross trainers, cardio trainers and benches. Size: 120 x 70 x 1,0 cm Colour: black Item No.: 3921



WEIGHTS WITH GRIP SLOTS

- Chrome
- Black



6752 | DUMBBELL SET 20 kg



6751 | DUMBBELL SET 10 kg

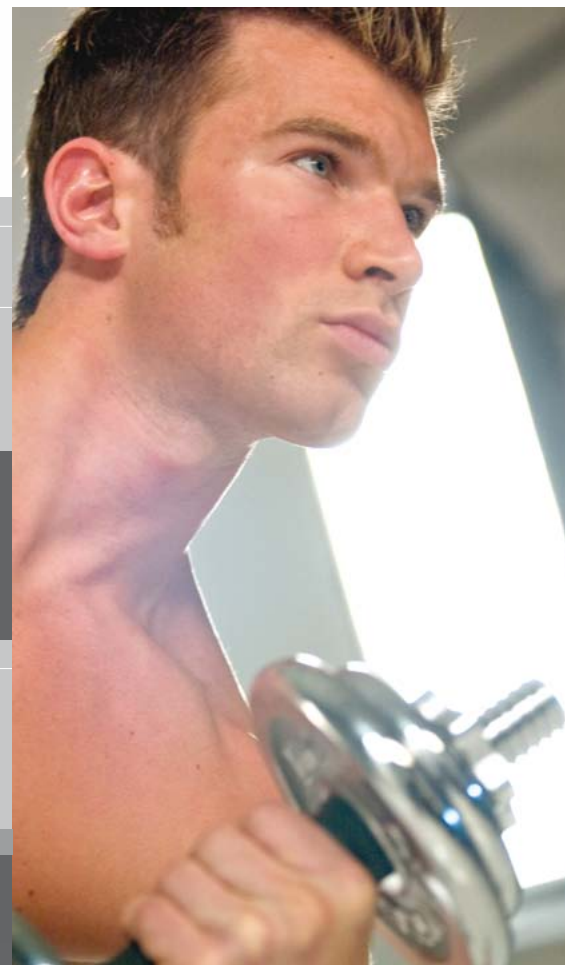


6720 | DUMBBELL SET BLACK
6750 | DUMBBELL SET CHROME



Item No. / Description	4650,52-55 WEIGHT PLATES	4670,72-74 WEIGHT PLATES	4664,4665 WEIGHT PLATES
Colour	black	chrome	black
Description	a) 2 x 0,5 kg + 2 x 1,25 kg b) 2 x 2,5 kg c) 2 x 5 kg d) 2 x 10 kg e) 2 x 20 kg	a) 2 x 0,5 kg + 2 x 1,25 kg b) 2 x 2,5 kg c) 2 x 5 kg d) 2 x 10 kg	a) 2 x 0,5 kg b) 2 x 1,25 kg
Weight plates:	"THE ORIGINAL WITH THE GRIP SLOTS"	"THE ORIGINAL WITH GRIP SLOTS"	Weight plates:
	a) 4650 b) 4652 c) 4653 d) 4654 e) 4655	a) 4670 b) 4672 c) 4673 d) 4674	a) 4664 b) 4665

Item No. / Description	4656-58 BARBELLS	6720/6750 DUMBBELL SET	6751/6752 DUMBBELL CASE SET 10 / 20 kg
Colour	chrome	black / chrome	chrome
Description	a) 2 x 35 cm, Ø 30 mm b) 1 x 160 cm, Ø 30 mm c) 1 x 120 cm, Ø 30 mm	10 Kg -Set: 2 x 2,5 Kg and 2 x 1,25 Kg	10 Kg -Set: 2 x 2,5 Kg and 2 x 1,25 Kg 20 Kg -Set: 4 x 2,5 Kg and 4 x 1,25 Kg
	a) 2 x Dumbbell b) 1 x Barbell c) 1 x SZ-Curl bar		





Item No. / Description 3907 | DUMBBELL TOWER

Colour	Black/Chrome
Dimensions in cm (L x W x H)	48 x 43 x 119 cm
Description	Including 8 pairs of chrome dumbbells with comfortable soft rubber grips 2 x 1 Kg, 2 x 2 Kg, 2 x 3 Kg, 2 x 4 Kg, 2 x 5 Kg, 2 x 6 Kg, 2 x 7 Kg, 2 x 8 Kg

rubber grip material

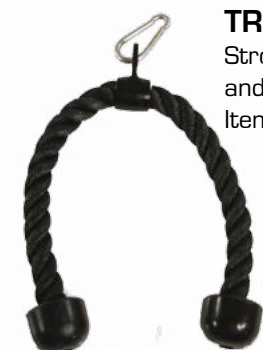


LATISSIMUS BAR WITH WIDE GRIP
Swivel joint, fully chromed material
Width: 94 cm
Item No.: 4690

LATISSIMUS BAR WITH SMALLER GRIP
Fully chromed material
Width: 78 cm
Item No.: 4691

TRICEPS BAR ARCHED
Swivel joint, fully chromed material
Item No.: 4692

DOUBLE ENDED BAR
Intensive triceps bar, swivel joint, chromed material
Item No.: 4697



TRICEPS ROPE
Strong material, for ABs and triceps training
Item No.: 4699



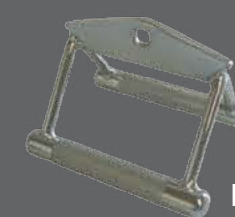
TRICEPS BAR
Swivel joint, chromed material
Item No.: 4694



ROWING GRIP
Swivel joint, chromed material
Item No.: 4698



MULTI GRIP
Swivel joint, chromed material
Item No.: 4696



PARALLEL GRIP
Chromed material
Item No.: 4693



TRICEPS GRIP W-FORM
Chromed material
Item No.: 4695

