



IF8 (8 Series)

- This simple, clean-lines, selectorized series consists of 14 machines specially designed for entry level small clubs and institutional applications.
- It offers a complete functional package, is inexpensive to own and is easy to maintain.
- It matches up beautifully with the benches and racks of the IF line.
- TUBING: J50.8x76.2x2.5, J50.8x2.5, J38x2.5, USA LOOS Cable
- WEIGHT STACK 1: 77 Kg / 170 Lbs
- WEIGHT STACK 2: 91 Kg / 200 Lbs
- WEIGHT STACK 3: 113 Kg / 250 Lbs
- SHROUD OPTIONAL 1: Short Shroud
- SHROUD OPTIONAL 2: Long Shroud



IF LINE

- The best seller in the year 2010! This superior designed line consists of single station selectorized equipment, as well as a multi-station high-end workout center.
- These home gyms were designed by an experienced USA industrial engineering design team.
- TUBING: J50.8x76.2x2.5, J50.8x2.5, J38x2.5



IF8101
CHEST PRESS

PRODUCT DIMENSION (LxWxH)	913x1265x1400 (mm) 35.9x49.8x55.1 (in)
PRODUCT WEIGHT	84 Kg / 185 Lbs
40'	77 Sets

IF8102
LAT PULLDOWN / LOW ROW

PRODUCT DIMENSION (LxWxH)	1972x913x2177 (mm) 77.6x35.9x85.7 (in)
PRODUCT WEIGHT	96.5 Kg / 213 Lbs
40'	70 Sets





IF8103
ARM CURL

PRODUCT DIMENSION (LxWxH)	1118x896x1400 (mm) 44.0x35.3x55.1 (in)
PRODUCT WEIGHT	87.5 Kg / 193 Lbs
40'	84 Sets

IF8105
LEG EXTENSION

PRODUCT DIMENSION (LxWxH)	1192x1167x1400 (mm) 46.9x45.9x55.1 (in)
PRODUCT WEIGHT	100.5 Kg / 222 Lbs
40'	69 Sets



IF8106
SEATED LEG CURL

PRODUCT DIMENSION (LxWxH)	1436x1170x1400 (mm) 56.5x46.1x55.1 (in)
PRODUCT WEIGHT	103.5 Kg / 228 Lbs
40'	69 Sets

IF8109
TOTAL HIP

PRODUCT DIMENSION (LxWxH)	1208x1005x1480 (mm) 47.6x39.6x58.3 (in)
PRODUCT WEIGHT	88.5 Kg / 195 Lbs
40'	100 Sets



IF8110

LEG PRESS / CALF RAISE

PRODUCT DIMENSION (LxWxH)	1541x1220x1701 (mm) 60.7x48x67 (in)
PRODUCT WEIGHT	147.5 Kg / 325 Lbs
40'	54 Sets



IF8116

INNER / OUTER THIGH

PRODUCT DIMENSION (LxWxH)	1643x697x1506 (mm) 64.7x27.4x59.3 (in)
PRODUCT WEIGHT	96.5 Kg / 213 Lbs
40'	85 Sets



IF8112

SHOULDER PRESS

PRODUCT DIMENSION (LxWxH)	1392x1191x1400 (mm) 54.8x46.9x55.1 (in)
PRODUCT WEIGHT	87 Kg / 192 Lbs
40'	80 Sets



IF8120

WEIGHT ASSISTED CHIN / DIP COMBO

PRODUCT DIMENSION (LxWxH)	1466x1225x2139 (mm) 57.7x48.2x84.2 (in)
PRODUCT WEIGHT	121.5 Kg / 268 Lbs
40'	90 Sets





IF8121
MULTI PRESS

PRODUCT DIMENSION (LxWxH)	1818x1337x1400 (mm) 71.6x52.6x55.1 (in)
PRODUCT WEIGHT	110.5 Kg / 244 Lbs
40'	72 Sets

IF8122
PEC FLY / REAR DELT

PRODUCT DIMENSION (LxWxH)	1310x1450x1810 (mm) 51.6x57.1x71.3 (in)
PRODUCT WEIGHT	100.5 Kg / 222 Lbs
40'	81 Sets



IF8123
BICEP / TRICEP

PRODUCT DIMENSION (LxWxH)	1260x849x2115 (mm) 49.6x33.4x83.3 (in)
PRODUCT WEIGHT	76 Kg / 168 Lbs
40'	91 Sets

IF8124
AB / BACK

PRODUCT DIMENSION (LxWxH)	1217x1057x1400 (mm) 47.9x41.6x55.1 (in)
PRODUCT WEIGHT	79.5 Kg / 175 Lbs
40'	94 Sets





HG5 CABLE MOTION GYM

PRODUCT DIMENSION (L×W×H)	1451×1339×2132 (mm) 57.1×52.7×83.9 (in)
PRODUCT WEIGHT	202 Kg / 445.4 Lbs
40'	82 Sets
WEIGHT STACK	73 Kg / 160 Lbs





IF1560

1560 HOME GYM

PRODUCT DIMENSION (LxWxH)	1905x1240x2121 (mm) 75x48.8x83.5 (in)
PRODUCT WEIGHT	223 Kg / 492 Lbs
40'	68 Sets
WEIGHT STACK	91 Kg / 200 Lbs



IF1860

1860 HOME GYM

PRODUCT DIMENSION (LxWxH)	1799x1207x2114 (mm) 70.8x47.5x83.2 (in)
PRODUCT WEIGHT	253.7 Kg / 559 Lbs
40'	60 Sets
WEIGHT STACK	91 Kg / 200 Lbs



IFLP3

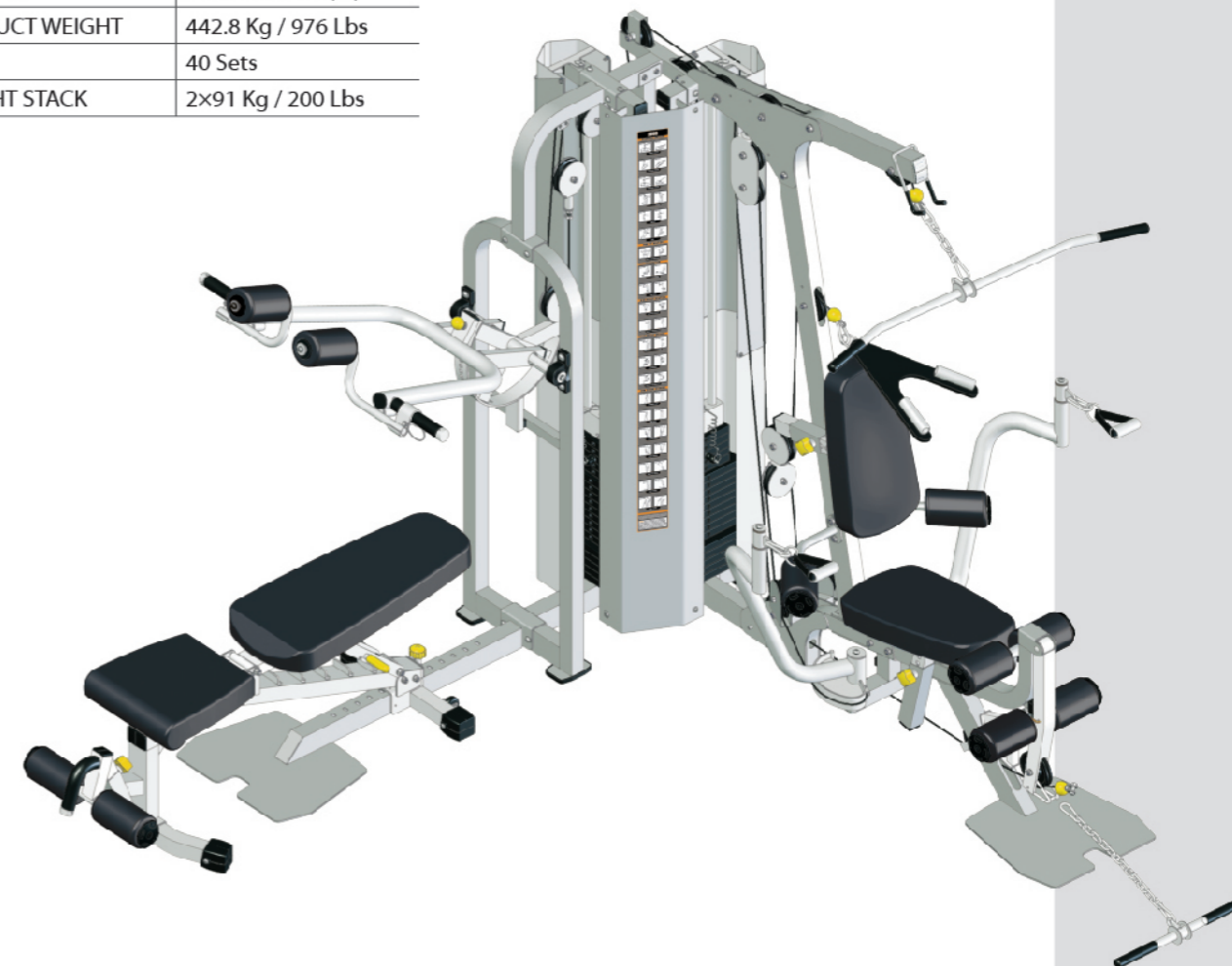
HOME GYM ATTACHMENT

PRODUCT DIMENSION (LxWxH)	1673x1039x967 (mm) 65.9x40.9x38.1 (in)
PRODUCT WEIGHT	65 Kg / 143 Lbs
40'	220 Sets

IF2060

2060 HOME GYM

PRODUCT DIMENSION (LxWxH)	2298x1956x2120 (mm) 90.5x77x83.5 (in)
PRODUCT WEIGHT	442.8 Kg / 976 Lbs
40'	40 Sets
WEIGHT STACK	2x91 Kg / 200 Lbs





IF45
45 - DEGREE HYPEREXTENSION

PRODUCT DIMENSION (LxWxH)	1212x743x772 (mm) 47.7x29.3x30.4 (in)
PRODUCT WEIGHT	23.5 Kg / 52 Lbs
40'	340 Sets



IFAAB
ADJUSTABLE ABDOMINAL BENCH

PRODUCT DIMENSION (LxWxH)	1683x568x1148 (mm) 66.3x22.4x45.2 (in)
PRODUCT WEIGHT	24 Kg / 53 Lbs
40'	450 Sets



IFAH
ADJUSTABLE HYPEREXTENSION BENCH

PRODUCT DIMENSION (LxWxH)	1260x743x917 (mm) 49.6x29.3x36.1 (in)
PRODUCT WEIGHT	36 Kg / 79 Lbs
40'	360 Sets



IFRC
ROMAN CHAIR

PRODUCT DIMENSION (LxWxH)	1361x743x1091 (mm) 53.6x29.3x43 (in)
PRODUCT WEIGHT	30.5 Kg / 67 Lbs
40'	504 Sets



IFABM
AB / BACK MACHINE

PRODUCT DIMENSION (LxWxH)	1520x1005x1060 (mm) 59.8x39.6x41.7 (in)
PRODUCT WEIGHT	38.5 Kg / 85 Lbs
40'	119 Sets



IFAC
ABDOMINAL CRUNCH

PRODUCT DIMENSION (LxWxH)	1103x476x578 (mm) 43.4x18.7x22.8 (in)
PRODUCT WEIGHT	17 Kg / 37 Lbs
40'	697 Sets



IFLATM ◀
LAT MACHINE

PRODUCT DIMENSION (LxWxH)	1452x1224x2129 (mm) 57.2x48.2x83.8 (in)
PRODUCT WEIGHT	55.5 Kg / 122 Lbs
40'	302 Sets

IFPT ▶
POWER TOWER

PRODUCT DIMENSION (LxWxH)	1320x610x2105 (mm) 52x24x82.9 (in)
PRODUCT WEIGHT	76.5 Kg / 169 Lbs
40'	245 Sets





IFSPC
SEATED PREACHER CURL

PRODUCT DIMENSION (LxWxH)	1021x712x824 (mm) 40.2x28x32.4 (in)
PRODUCT WEIGHT	24.7 Kg / 54 Lbs
40'	420 Sets



IFDB3
DUMBBELL RACK - 3'

PRODUCT DIMENSION (LxWxH)	1079x473x677 (mm) 42.5x18.6x26.7 (in)
PRODUCT WEIGHT	29 Kg / 64 Lbs
40'	600 Sets



IFFB
FLAT BENCH

PRODUCT DIMENSION (LxWxH)	1305x525x493 (mm) 51.4x20.7x19.4 (in)
PRODUCT WEIGHT	19.5 Kg / 43 Lbs
40'	532 Sets



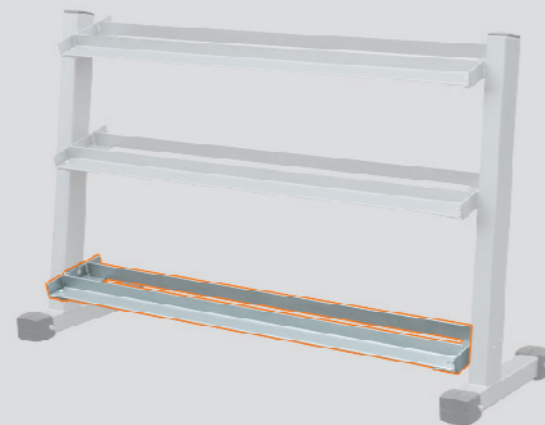
IFFI
FLAT / INCLINE BENCH

PRODUCT DIMENSION (LxWxH)	1603x654x498 (mm) 63.1x25.7x19.6 (in)
PRODUCT WEIGHT	30 Kg / 66 Lbs
40'	396 Sets



IFDB4
DUMBBELL RACK - 4'

PRODUCT DIMENSION (LxWxH)	1372x473x869 (mm) 54x18.6x34.2 (in)
PRODUCT WEIGHT	35.3 Kg / 78 Lbs
40'	430 Sets



IFDB4A
DUMBBELL RACK - 4' ATTACHMENT

PRODUCT DIMENSION (LxWxH)	1242x244x74 (mm) 48.9x9.6x2.9 (in)
PRODUCT WEIGHT	12 Kg / 26 Lbs
40'	1400 Sets



IFFID
MULTI - PURPOSE BENCH

PRODUCT DIMENSION (LxWxH)	1581x654x515 (mm) 62.2x25.7x20.3 (in)
PRODUCT WEIGHT	33 Kg / 73 Lbs
40'	417 Sets



IFOB
OLYMPIC BENCH

PRODUCT DIMENSION (LxWxH)	1438x1264x1468 (mm) 56.6x49.8x57.8 (in)
PRODUCT WEIGHT	62.5 Kg / 138 Lbs
40'	252 Sets



IFHC
HALF CAGE

PRODUCT DIMENSION (LxWxH)	1175x1815x2090 (mm) 46.3x71.5x82.3 (in)
PRODUCT WEIGHT	100 Kg / 221 Lbs
40'	150 Sets



IFHCL
HALF CAGE LAT ATTACHMENT

PRODUCT DIMENSION (LxWxH)	1800x400x2100 (mm) 70.9x15.7x82.7 (in)
PRODUCT WEIGHT	41 Kg / 90 Lbs
40'	234 Sets



IFPC
POWER CAGE

PRODUCT DIMENSION (LxWxH)	1231x1231x2110 (mm) 48.5x48.5x83.1 (in)
PRODUCT WEIGHT	114 Kg / 251 Lbs
40'	90 Sets



IFPCL
POWER CAGE LAT ATTACHMENT

PRODUCT DIMENSION (LxWxH)	2061x1213x958 (mm) 81.1x47.8x37.7 (in)
PRODUCT WEIGHT	31.8 Kg / 70 Lbs
40'	420 Sets



IFHCP
HALF CAGE PEC FLY ATTACHMENT

PRODUCT DIMENSION (LxWxH)	953x356x1538 (mm) 37.5x14x60.6 (in)
PRODUCT WEIGHT	24.3 Kg / 54 Lbs
40'	508 Sets



IFHCS
HALF CAGE SMITH ATTACHMENT

PRODUCT DIMENSION (LxWxH)	1946x300x1727 (mm) 76.6x11.8x68 (in)
PRODUCT WEIGHT	33 Kg / 73 Lbs
40'	425 Sets



IFSS
SQUAT STAND

PRODUCT DIMENSION (LxWxH)	1226x1575x1735 (mm) 48.3x62x68.3 (in)
PRODUCT WEIGHT	56.5 Kg / 125 Lbs
40'	320 Sets



IFPTO
PLATE TREE - OLYMPIC

PRODUCT DIMENSION (LxWxH)	843x632x1108 (mm) 33.2x24.9x43.6 (in)
PRODUCT WEIGHT	19.5 Kg / 43 Lbs
40'	890 Sets



IFCR

CALF RAISE

PRODUCT DIMENSION (LxWxH)	1100x560x850 (mm) 43.3x22x33.5 (in)
PRODUCT WEIGHT	35.5 Kg / 78 Lbs
40'	520 Sets



IFLEGM

LEG EXTENSION / CURL MACHINE

PRODUCT DIMENSION (LxWxH)	1215x1045x1047 (mm) 47.8x41.1x41.2 (in)
PRODUCT WEIGHT	51 Kg / 112 Lbs
40'	192 Sets



IFARMA

ARM CURL ATTACHMENT

PRODUCT DIMENSION (LxWxH)	584x434x761 (mm) 23x17.1x30 (in)
PRODUCT WEIGHT	6.6 Kg / 15 Lbs
40'	840 Sets



IFLEGA

LEG EXTENSION / CURL ATTACHMENT

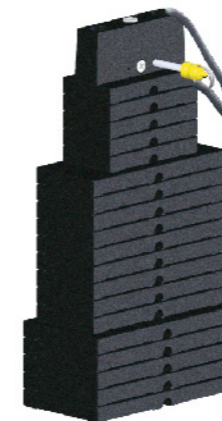
PRODUCT DIMENSION (LxWxH)	485x426x470 (mm) 19.1x16.8x18.5 (in)
PRODUCT WEIGHT	7.3 Kg / 16 Lbs
40'	1728 Sets



IFLPHS

LEG PRESS / HACK SQUAT MACHINE

PRODUCT DIMENSION (LxWxH)	2285x820x1295 (mm) 90x32.3x51 (in)
PRODUCT WEIGHT	162.5 Kg / 358 Lbs
40'	108 Sets



IFWS-200

WEIGHT STACK ATTACHMENT

PRODUCT WEIGHT	91 Kg / 200 Lbs
5x5 Lbs + 9x10 Lbs + 5x15 Lbs	



IFFT
FUNCTIONAL TRAINER

PRODUCT DIMENSION (LxWxH)	900x1800x2130 (mm) 35.4x70.9x83.9 (in)
PRODUCT WEIGHT	336 Kg / 741 Lbs
40'	56 Sets
WEIGHT STACK	2x91 Kg / 200 Lbs



IFODB
DECLINE BENCH

PRODUCT DIMENSION (LxWxH)	1900x1310x1156 (mm) 74.8x51.6x45.5 (in)
PRODUCT WEIGHT	70 Kg / 154 Lbs
40'	154 Sets



IFOFB
FLAT BENCH

PRODUCT DIMENSION (LxWxH)	1525x1310x1265 (mm) 60x51.6x49.8 (in)
PRODUCT WEIGHT	60.5 Kg / 133 Lbs
40'	154 Sets



IFOIB
INCLINE BENCH

PRODUCT DIMENSION (LxWxH)	1560x1310x1192 (mm) 61.4x51.6x46.9 (in)
PRODUCT WEIGHT	68.5 Kg / 151 Lbs
40'	147 Sets



IFCC
CABLE CROSSOVER

PRODUCT DIMENSION (LxWxH)	3660x1040x2120 (mm) 144.1x40.9x83.5 (in)
PRODUCT WEIGHT	291 Kg / 642 Lbs
40'	68 Sets
WEIGHT STACK	2x68 Kg / 150 Lbs