

[www.impulse-fitness.kz](http://www.impulse-fitness.kz)



**im impulse**

Your Wellness Solution Provider



Your Wellness Solution Provider



## INTRODUCTION

In the early 1990s, Impulse began the production of fitness equipment. After nearly 30 years of experience accumulation, Impulse (Qingdao) Health Tech Co., Ltd. was established in 2004, focusing on the research, development, manufacturing and sales of fitness equipment. In September 2017, Impulse did IPO successfully in Shenzhen stock market. It achieved breakthrough in capital market and brought more financial support to R&D and manufacture of Impulse.

Our products cover both business and home user core demand. We provide innovative and high-quality indoor and outdoor products, including cardio equipment, strength equipment, functional training and rehabilitation training equipments, also with intelligent and innovative home use products. The forward-looking design concept and user demand focused are the features of Impulse product development. We are committed to providing the desired products and services at a sincere price, and the products have been sold across more than 200 countries and regions, and created global marketing and after-sale systems.

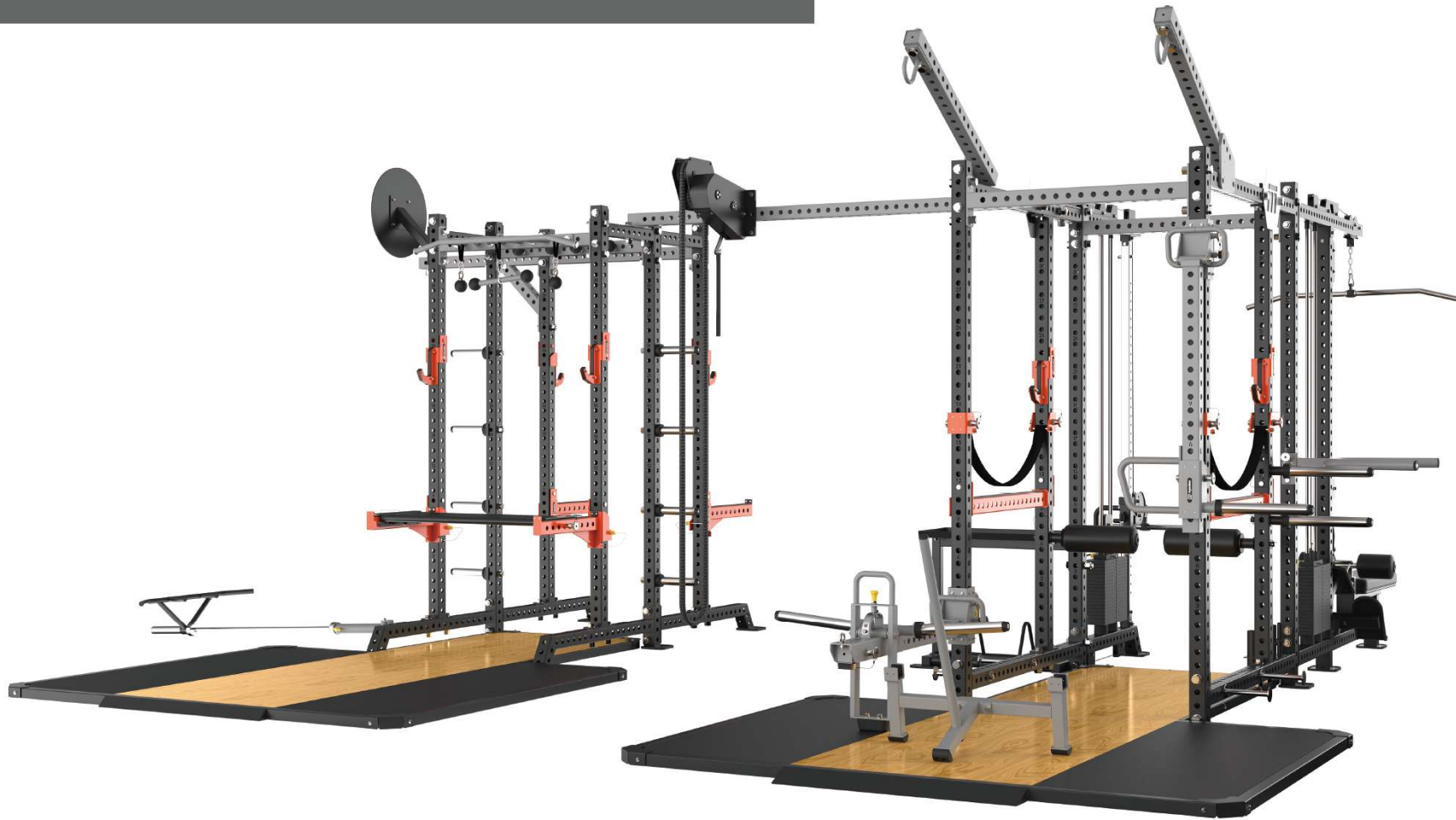
Impulse is a leading supplier in health industry. A perfect product and service system has been built in the fields of fitness equipment R&D, manufacturing, marketing and sales, club operation and health management. The Impulse new industrial park is under construction, the first phase of the project has a total investment of \$232 million USD and a total construction area of 168,995.98 square meters. It is expected that the annual output value of the project can be \$620 million USD after the project reaches full capacity.

We believe that the trust of customers comes from our pursuit of product excellence and exploration of customer needs. Therefore, Impulse is going to continue following the concept of customer first and quality priority in order to serve our business partners, and become reliable fitness expert trusted by global customers.

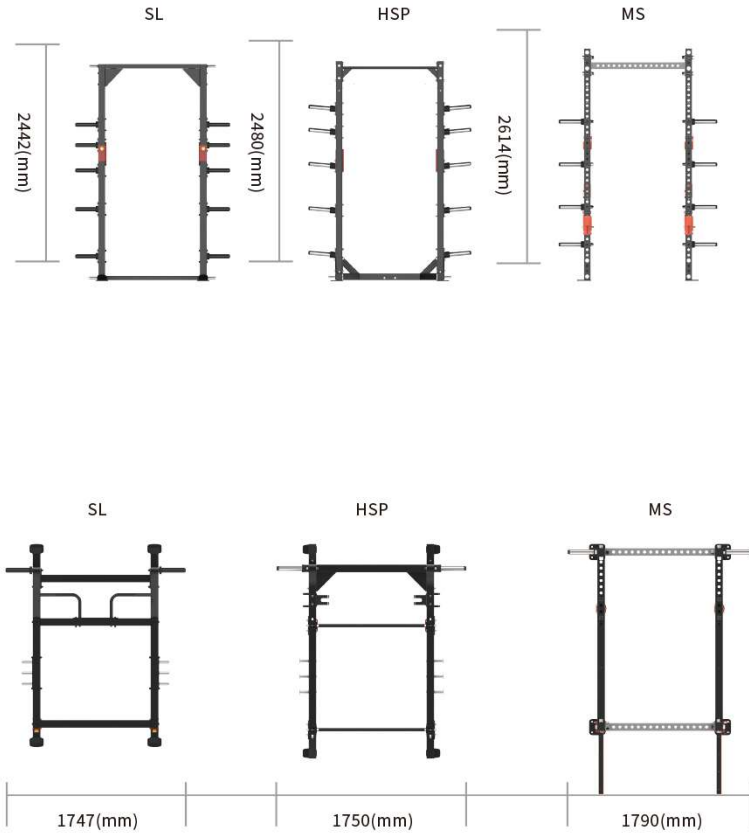


# Mega Space Line >>>

Mega Space products are a specialist, more functional and customized rack strength product solution for strength and conditioning venues. The products can meet the needs of competitive training centers, large commercial clubs and professional studios for professional olympic strength training equipment.



## Comparison With Other Impulse Racks





### MS00 STAND-SINGLE STORAGE

There are 8 groups of weight plate storage units on the left and right sides, which fully meet the weight plate storage requirements.

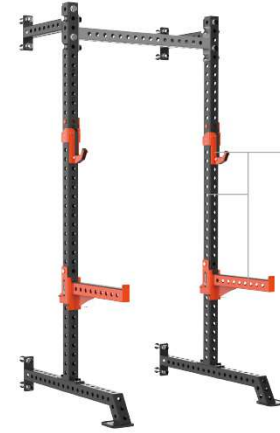
Use with MS01, MS02 rack.

Can be connected with MS11, MS12 and other functional modules.

PRODUCT DIMENSION (L×W×H)	1790×609×2614 (mm) 70.5×24.0×103.0 (in)
PRODUCT WEIGHT	83.4kg/183.9lbs

#### Module expansion

- Connectable to MS23 Bumper Plate Storage Connector Between Rack
- Connectable to MS24 Kettlebell Storage Connector Between Rack
- Connectable to MS25 Ball Storage Connector Between Rack
- Connectable to MS26 Dumbbell Storage Connector Between Rack
- Connectable to MS15 Endless Rope Trainer
- Connectable to MS11 LAT Pulldown/Vertical Row
- Connectable to MS12 Functional Cable Pulley



### MS01 HALF RACK

Two protection racks and J-hook, equipped with 30 height position adjustable (465mm~2145mm from the ground), to meet the needs of different body type trainers, to ensure sports safety.

Half size front open squat frame can meet the needs of regular strength training.

Save space, on the basis of providing the same use function and custom effect as other training racks, greatly save space.

PRODUCT DIMENSION (L×W×H)	1377×1261×2614 (mm) 54.2×49.6×103.0 (in)
PRODUCT WEIGHT	98.3kg/216.7lbs



### MS02 POWER RACK

It is standard equipped with two protection frames and J-type hook, and 16 height positions can be adjusted (535mm~2057mm from the ground), which can meet the needs of trainers of different body types and ensure sports safety.

Full size squat frame to meet regular strength training needs.

Can be matched with a variety of accessories to meet the diverse training needs of users.

PRODUCT DIMENSION (L×W×H)	1377×2306×2614 (mm) 54.2×90.8×103.0 (in)
PRODUCT WEIGHT	173kg/381.4lbs

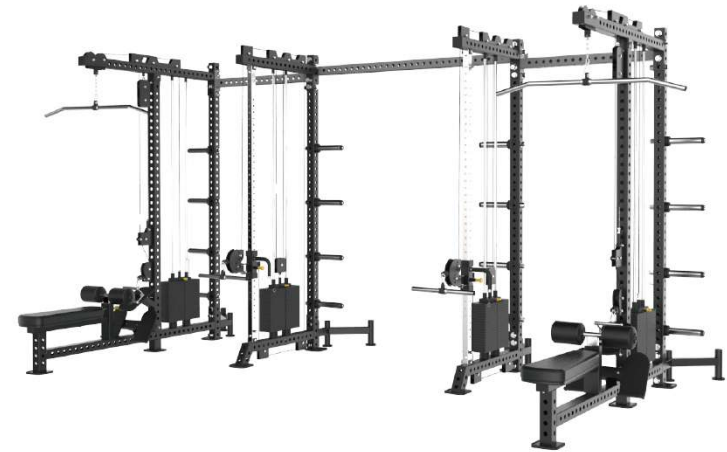
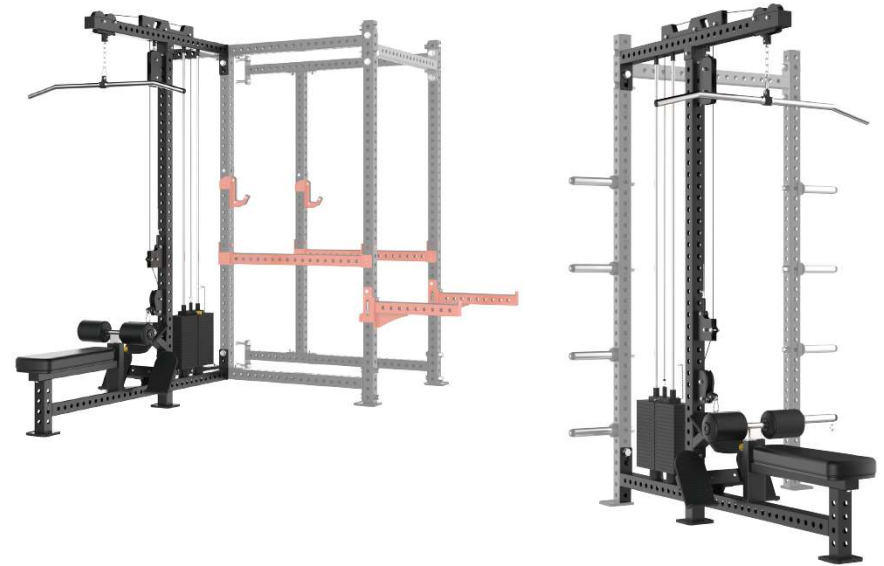
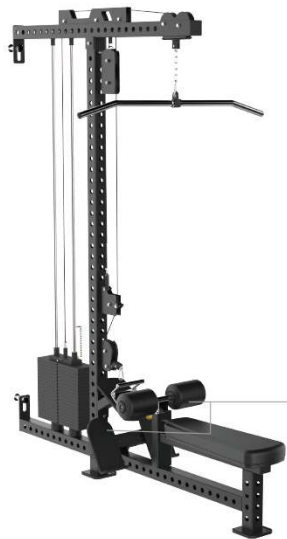
## MS11 LAT PULLDOWN / VERTICAL ROW

Space saving, on the basis of providing the same use function and custom effect of conventional two single-station strength instruments, greatly saving the space.

295LBS weight stacks to meet any user and use environment.

Adjustable foam, foot pedal and elongated seat cushion simultaneously meet the dual functions of vertical row and high pull down.

PRODUCT DIMENSION (L×W×H)	1226×2160×2596 (mm) 48.3×85.0×102.2 (in)
PRODUCT WEIGHT	101.7kg/224.2lbs





## MS12 FUNCTIONAL CABLE PULLEY

Through collocation can be combined into cable crossover.

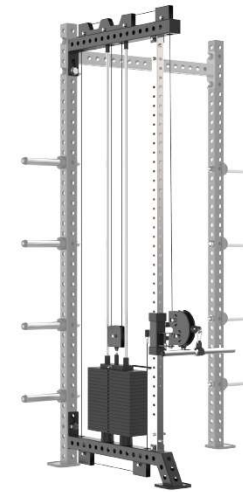
295LBS weight stacks to meet any user and use environment.

Standard with double end rope, short grip, pull handle, ankle cuff, to meet the needs of different training movements.

Various functions, covering chest, shoulder, back, legs, buttocks and most of the muscle group training movements, and can greatly save space.

Multi-stage high and low adjustable slide to meet the needs of different training movements.

PRODUCT DIMENSION (L×W×H)	496×1313×2599 (mm) 19.5×51.7×102.3 (in)
PRODUCT WEIGHT	51.7kg/114.0lbs





### MS13 JAMMER ARM (1 pair)

No disassembly need, can be adjusted up and down to any height, fixed through the bolt.

Multi-angle handle to meet the needs of different training movements, while the handle is removable and portable.

The longer arm allows for a more reasonable trajectory.

Various functions, covering chest, shoulder, back, legs, buttocks and most of the muscle group training movements, and can greatly save space.

It can be combined with belt squat attachment, Foam roller and other modules to meet the needs of various training movements.

※ This attachment does not include weight plate.

PRODUCT DIMENSION (L×W×H)	1395×875×369 (mm) 54.9×34.4×14.5 (in)
PRODUCT WEIGHT	51kg/112.4lbs

#### Module expansion

Connectable to MS14 Belt Squat

Connectable to MS43 Adjustable Utility Pin

Connectable to MS45 Form Roller Pad





## MS14 BELT SQUAT



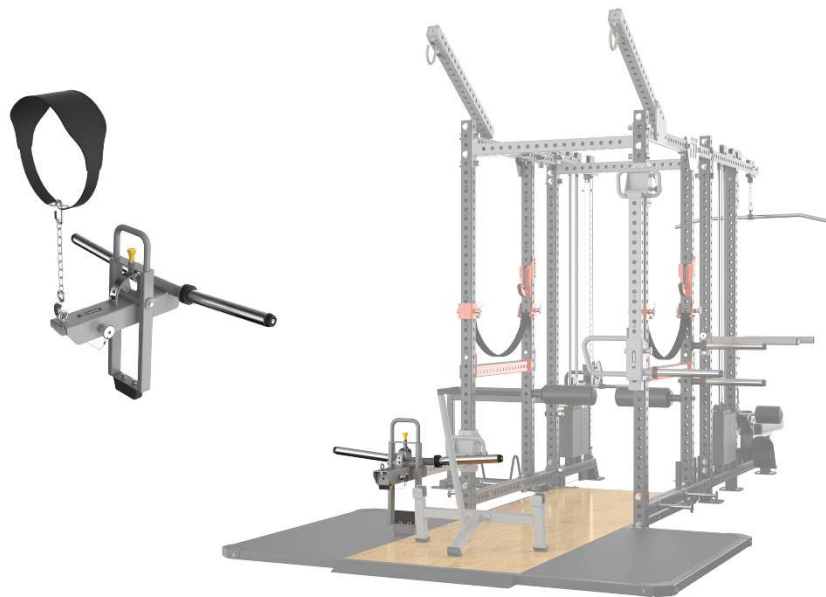
The hanging Angle of the barbell is upturned and lengthened to prevent the vibration of the barbell from falling and meet the requirements of heavy weight training.

Portable latch fixed starting handle, easy to start up support, reliable and easy to operate.

The hook belt is convenient for users to get on and off the machine.

Latch fixed, easy to disassemble.

PRODUCT DIMENSION (L×W×H)	1112×550×677 (mm) 43.8×21.7×26.7 (in)
PRODUCT WEIGHT	21.8kg/48.1lbs



## MS15 ENDLESS ROPE TRAINER



Magnetic control resistance adjustment structure is simple, reliable and durable.

The resistance adjusting handle is lengthened to meet users of different heights.

Equipped with guide wheels to limit the rope so that it can be pulled vertically, horizontally or from the bottom up for training.

Polyester rope has a high coefficient of friction, more wear resistant, and better surface feel. Good moisture discharge, not easy to deform.

PRODUCT DIMENSION (L×W×H)	527×266×537 (mm) 20.7×10.5×21.1 (in)
PRODUCT WEIGHT	32.9kg/72.5lbs

The resistance of four levels can be adjusted to meet the training needs of different groups.





### MS28 MULTI STATION CONNECTED BRIDGE

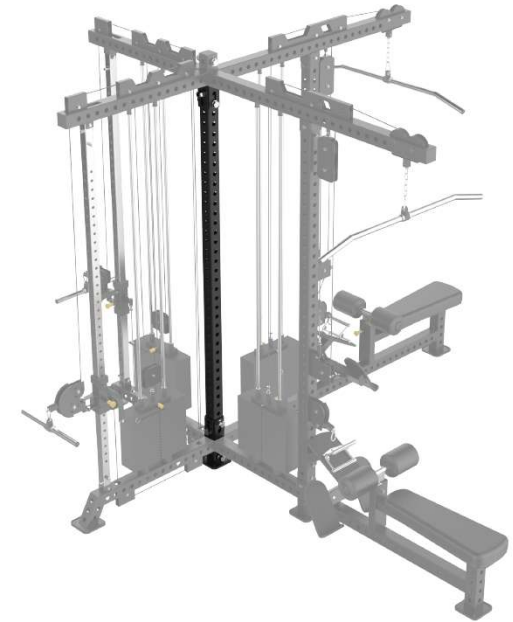
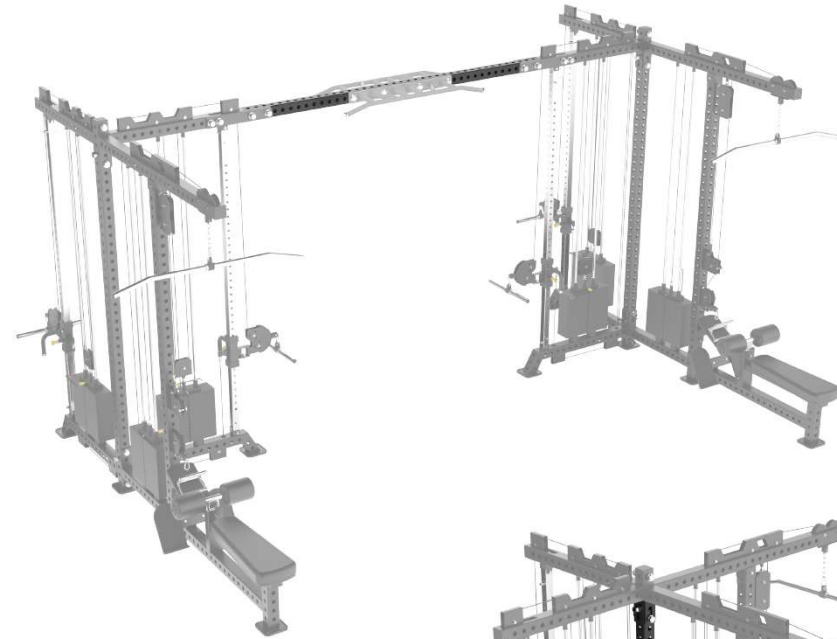
PRODUCT DIMENSION (L×W×H)	145×3000×76.2(mm) 5.7×118.1×3 (in)
PRODUCT WEIGHT	



### MS29 CENTRAL CONNECTED STAND

PRODUCT DIMENSION (L×W×H)	2614×160×160 (mm) 102.9×6.3×6.3 (in)
PRODUCT WEIGHT	

MS28 and/or MS29 can be used as connection part of 4/6/8 stations.  
The chin up handle can also be attached to MS28.





### MS21 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	240×2056×192 (mm) 9.4×80.9×7.6 (in)
PRODUCT WEIGHT	17.3kg/38.1lbs

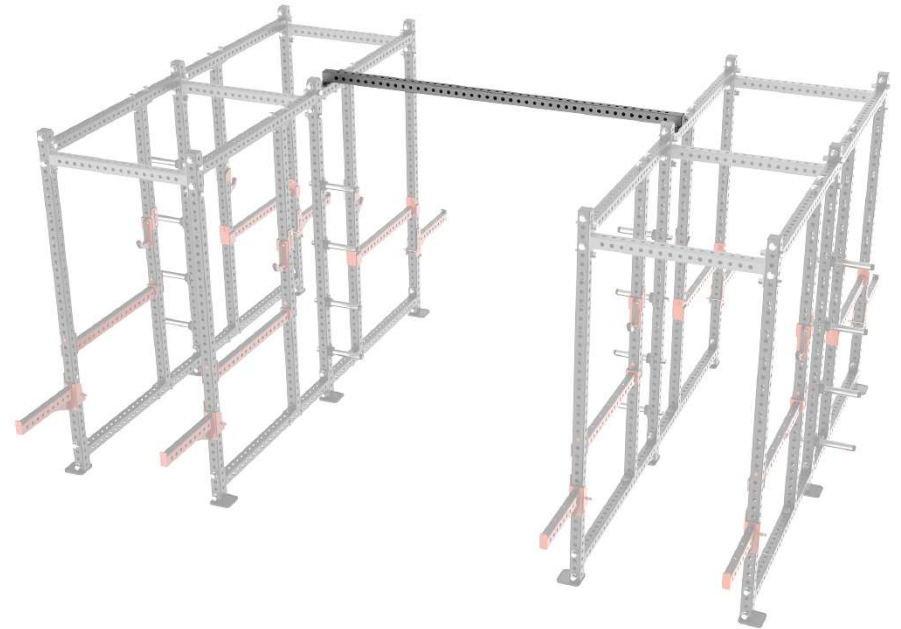


### MS22 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	240×2756×192 (mm) 9.4×108.5×7.6 (in)
PRODUCT WEIGHT	21.4kg/47.2lbs

Two length specifications, suitable for different areas of venues, with half rack, full rack or squat rack use, can play a transverse connection between the squat rack, and can be connected to the endless rope trainer, pull-up handle, TRX fixed points, etc., to meet the needs of trainers for different training movements.

It can be used as a high bridge to connect the top of the power rack, and can be used as a low connector to connect the bottom of the power rack to match the battle rope and other accessories.



### MS23 BUMPER PLATE STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	385×2120×286 (mm) 15.2×83.5×11.3 (in)
PRODUCT WEIGHT	20.1kg/44.3lbs



It can meet the storage needs of weight plate of various specifications.

### MS24 KETTLEBELL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	441×2120×107 (mm) 17.4×83.5×4.2 (in)
PRODUCT WEIGHT	37.5kg/82.7lbs



It can meet the storage needs of various props such as kettlebells, dumbbells, etc. At the same time, it can be used as a storage platform to store other small tools.

### MS25 BALL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	2120×385×108 (mm) 83.5×15.2×4.3 (in)
PRODUCT WEIGHT	15kg/33.1lbs



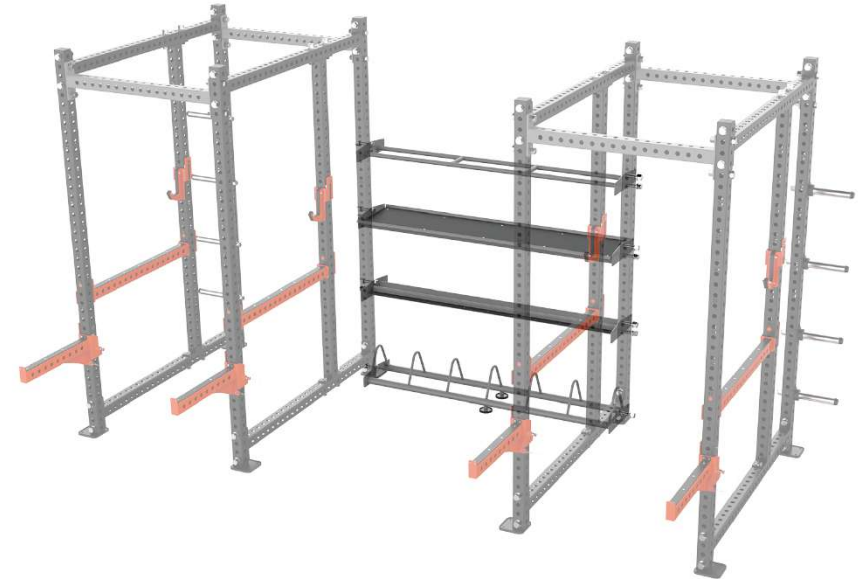
Can meet all kinds of ball props such as rhythm ball, wall ball, medicine ball and other storage needs.

### MS26 DUMBBELL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	2120×385×108 (mm) 83.5×15.2×4.3 (in)
PRODUCT WEIGHT	24kg/52.9lbs



It can meet the storage needs of dumbbells of various specifications.



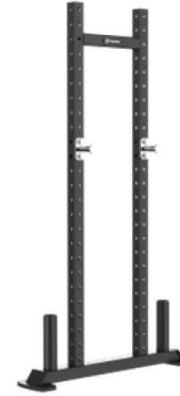


## MS27 SIDE STORAGE

It can meet the storage needs of kettlebells, and various ball props such as rhythm ball, wall ball, medicine ball, barbell pieces, dumbbells and other small fitness tools.

Combined with other modules, it can not only play the role of connection, but also play the role of storage, saving storage space.

PRODUCT DIMENSION (L×W×H)	995×416×763 (mm) 39.2×16.4×30.0 (in)
PRODUCT WEIGHT	30.8kg/67.9lbs



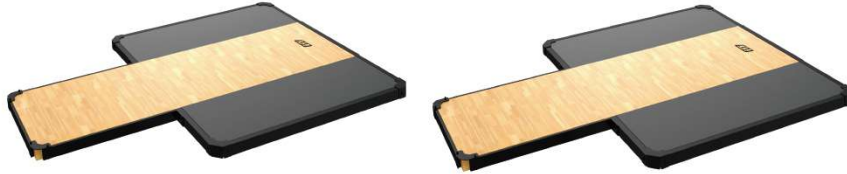
## MS704001 STORAGE RACK FRAM

As the connecting attachment of the storage platform, both sides can be connected with the storage rack.

PRODUCT DIMENSION (L×W×H)	1559×865×210 (mm) 61.4×34.1×8.3 (in)
PRODUCT WEIGHT	20.2kg/44.5lbs



## MS31/MS32 PLATFORMS



Used with MS00 and MS01 Racks

Used with MS00 and MS02 Racks

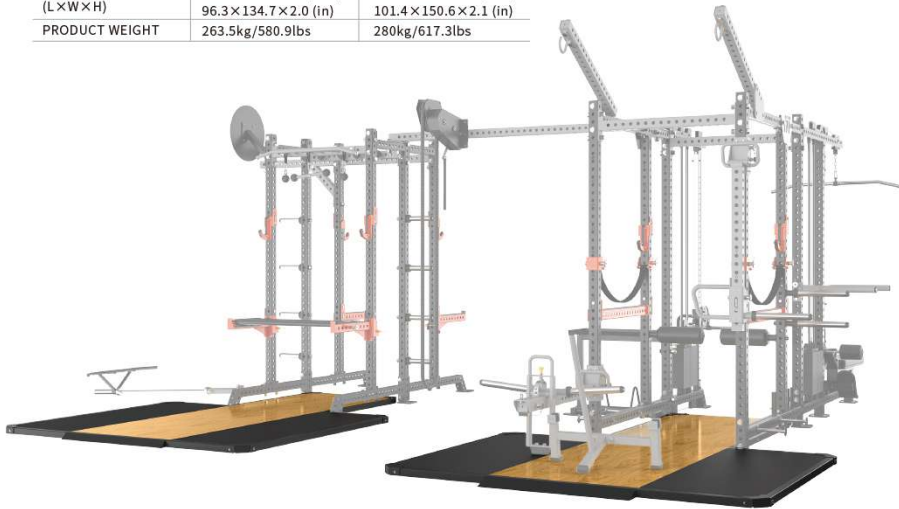
It can prevent slip, absorb shock, reduce noise and protect the ground.

The weight lifting platform is fixed with all metal frames to ensure the firm and reliable.

Hardwood Flooring: non-slip varnish surface, bamboo on top layer and composite wood on bottom layer to ensure stable support.

LOGO can be printed according to customer requirements.

PRODUCT DIMENSION (L×W×H)	2446×3421×50 (mm) 96.3×134.7×2.0 (in)	2576×3825×54 (mm) 101.4×150.6×2.1 (in)
PRODUCT WEIGHT	263.5kg/580.9lbs	280kg/617.3lbs



## MS41 ADJUSTABLE UTILITY PLATFORM



PRODUCT DIMENSION (L×W×H)	1340×400×77 (mm) 52.8×15.7×3.0 (in)
PRODUCT WEIGHT	20kg/44.1lbs

It can be used with the safety bar, and has the function of box jumping.

Anti-slip paint can effectively prevent skid.

## MS44 Barbell/Utility Platform Storage Attachment



2 barbell bar storage positions.

Utility Platform storage Position.

PRODUCT DIMENSION (L×W×H)	280×240×180 (mm) 11.0×9.4×4.3 (in)
PRODUCT WEIGHT	6kg/13.2lbs



### MS43 ADJUSTABLE UTILITY PIN (2 pieces)

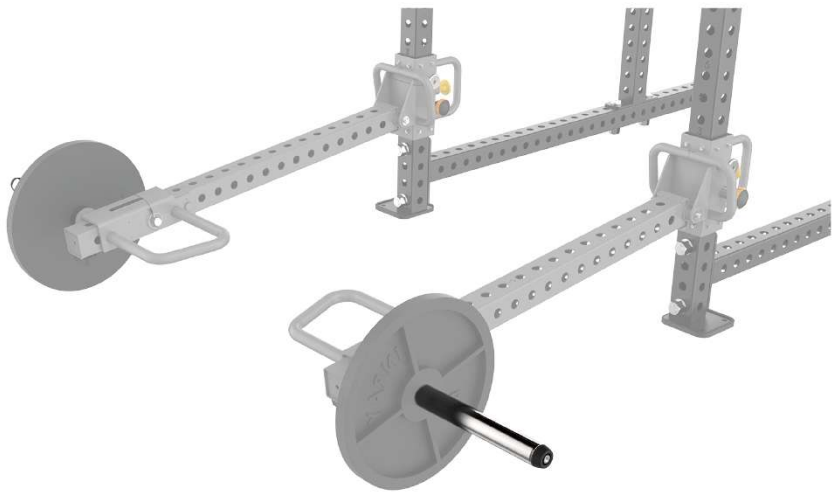


Can be connected with the MS01/MS02 POWER RACK, adding elastic band training function.

It can be placed in any position on the Power Rack to hang elastic bands for advanced training to meet the needs of different training movements.

It can be used for hanging barbell plate, and can be used as barbell plate storage rod. At the same time, it can be used with MS13 Jammer Arm and MS45 Foam Roller Pad for hip training.

PRODUCT DIMENSION (L×W×H)	590(mm) 23.2 (in)
PRODUCT WEIGHT	6.8kg/15lbs



### MS45 FOAM ROLLER PAD (2 pieces)



Extended leg pad, no need to move sideways to find a position when doing single leg movements, to meet the needs of users of different heights.

It can be placed inside the MS13 Jammer Arm for hip bridge.

PRODUCT DIMENSION (L×W×H)	559(mm) 22.0 (in)
PRODUCT WEIGHT	7.3kg/16.1lbs





### MS50 Logo

PRODUCT DIMENSION (L×W×H)	325×101×50 (mm) 12.8×4.0×2.0 (in)
------------------------------	--------------------------------------



### MS7041 BARBELL LIFTER

Can lift the barbell off the ground, easy to disassemble and install the barbell plate.

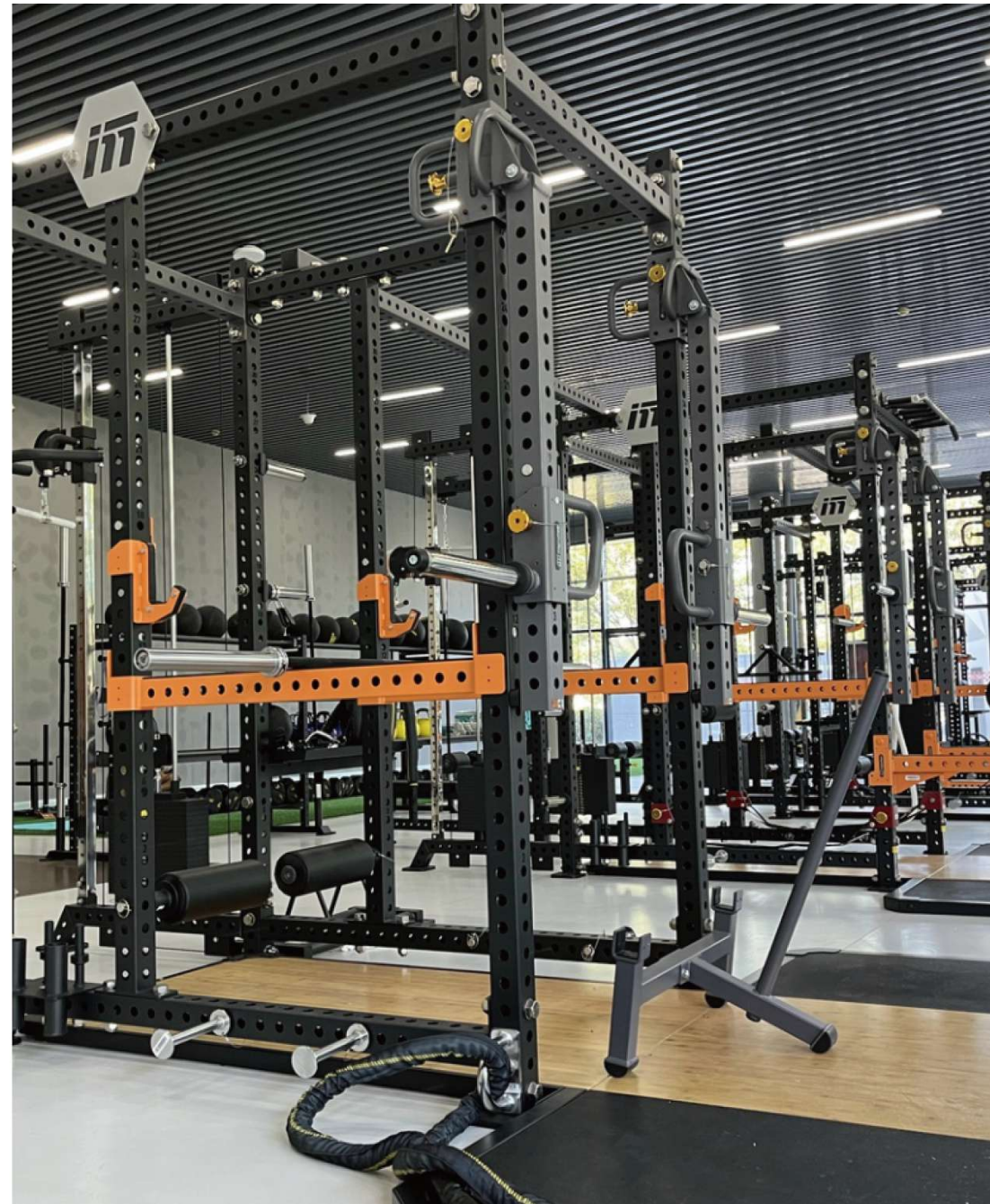
PRODUCT DIMENSION (L×W×H)	781×618×905 (mm) 30.7×24.3×35.6 (in)
PRODUCT WEIGHT	11.2kg/24.7lbs



### MS7042 FARMER' S WALK BAR

Equipment specially designed for farmer walking training.

PRODUCT DIMENSION (L×W×H)	1440×169×76 (mm) 56.7×6.7×3.0 (in)
PRODUCT WEIGHT	15.2kg/33.5lbs







### MS7043 T-BAR ROW HANDLE

Equipped with multi-position handles, to meet the needs of different movements training.

Easy to store, insert the lower sleeve into the barbell storage bar to store.

PRODUCT DIMENSION (L×W×H)	908×257×205 (mm) 35.7×10.1×8.1 (in)
PRODUCT WEIGHT	4.4kg/9.7lbs



### MS7048 POWER SLED

Can carry out push or drag training.

Vertical handle removable, convenient for users to directly reverse push without turning the direction.

The two sets of lateral handlebars are of different heights for a variety of training needs.

There are hook holes on both sides, which can be used with drag belt.

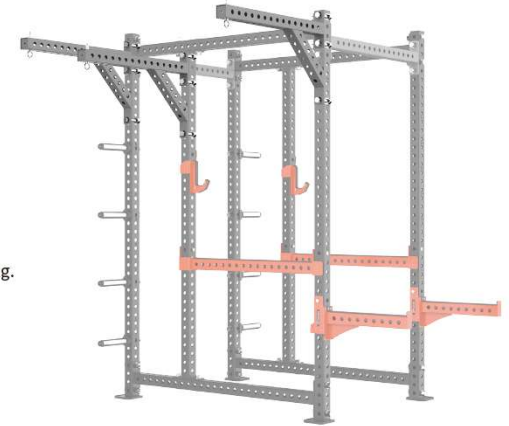
PRODUCT DIMENSION (L×W×H)	1040×702×922 (mm) 40.9×27.6×36.3 (in)
PRODUCT WEIGHT	27.9kg/61.5lbs



### IZCFA16 HEAVY BAG HANGER

All kinds of sandbags can be hung up to 200kg.

PRODUCT DIMENSION (L×W×H)	963×76.2×600 (mm) 37.9×3.0×23.6 (in)
PRODUCT WEIGHT	12.8kg/28.2lbs



### IZCFA12 WALL BALL TARGET

As a wall ball, medicine ball and other ball training target point.

Used as LOGO display.

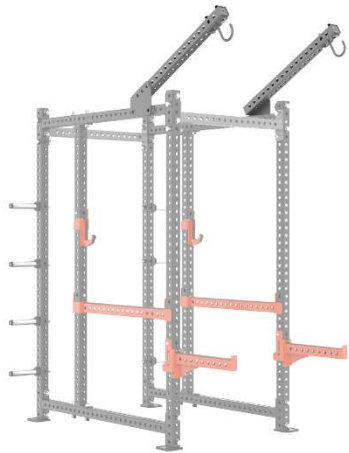
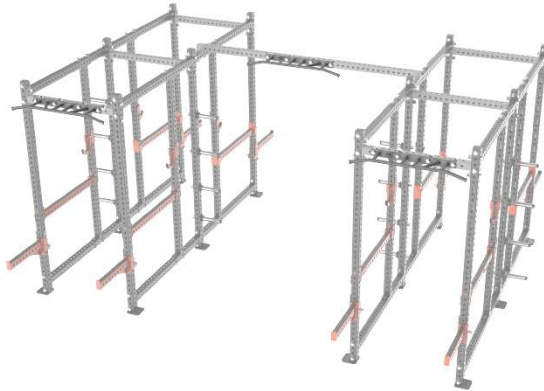
PRODUCT DIMENSION (L×W×H)	550×245.7×608 (mm) 21.7×9.7×23.9 (in)
PRODUCT WEIGHT	17.6kg/38.8lbs

## HSPCF28 MULTI ANGLE PULL UP HANDLE



A variety of width of grips, and multi-angle to meet the needs of different height users.

PRODUCT DIMENSION (L×W×H)	1143×324×109 (mm) 45×12.8×4.3 (in)
PRODUCT WEIGHT	12.8kg/28.2lbs



## HSPCF29 Triphasic Training Arm (1 pair)

Can be combined with elastic belt for centripetal, centrifugal, isometric training.

PRODUCT DIMENSION (L×W×H)	1081×721×105 (mm) 42.6×28.4×4.1 (in)
PRODUCT WEIGHT	32kg/70.5lbs



## HSPCF42 TRICEP DIP ATTACHMENT



Parallel bars extend outward, a variety of spacing to meet the needs of users of different heights.

Easy to adjust and store. When not in use, the latch can be pulled out and vertically fixed and stored on the main frame.

PRODUCT DIMENSION (L×W×H)	649×728×167 (mm) 25.6×28.7×6.6 (in)
PRODUCT WEIGHT	10.1kg/22.3lbs





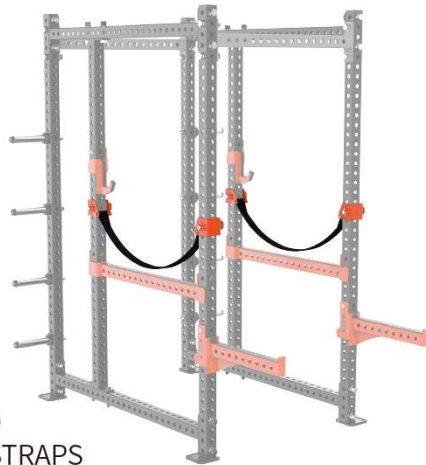
### HSPCF47 RESISTANT BAND ANCHOR (4 pieces)

Serve as elastic belt hangpoints to meet advanced strength training.

Can adjust the distance and position at will.

※ This attachment does not include resistant band.

PRODUCT DIMENSION (L×W×H)	305(mm) 12.0 (in)
PRODUCT WEIGHT	6.2kg/13.7lbs



### HSPCF49 SAFETY STRAPS (2 pieces)

Provides safety while reducing barbell bar wear and no noise from hard contact.

Easy to adjust, can be adjusted by one hand.

PRODUCT DIMENSION (L×W×H)	1150×50×10 (mm) 45.3×2.0×0.4 (in)
PRODUCT WEIGHT	10.1kg/22.3lbs



### HSPCF51 BATTLE ROPE ANCHOR

It can be attached to any position with holes and suitable height.

Used as a fixed point of battle rope in training.

※ This attachment does not include battle rope.

PRODUCT DIMENSION (L×W×H)	70×152×180 (mm) 2.8×6.0×7.1 (in)
PRODUCT WEIGHT	2.1kg/4.6lbs





### HSPCF52 LANDMINE RACK ATTACHMENT

It can be attached to any position with holes and suitable height.

Can complete a variety of physical training with barbell.

It is equipped with transverse and longitudinal bearings, so that it can rotate 180° transverse and longitudinal.

PRODUCT DIMENSION (L×W×H)	126×530×240 (mm) 5.0×20.9×9.4 (in)
PRODUCT WEIGHT	8kg/17.6lbs



### HSPCF54 J HOOK ATTACHMENT (2 pieces)

PRODUCT DIMENSION (L×W×H)	296×224×224 (mm) 11.7×8.8×8.8 (in)
PRODUCT WEIGHT	6.8kg/15.0lbs



Use with MS01/MS02 Racks to support the barbell bar.

The contact surface is made of nylon material, durable; avoid bumping and scratching the surface of the other equipment.

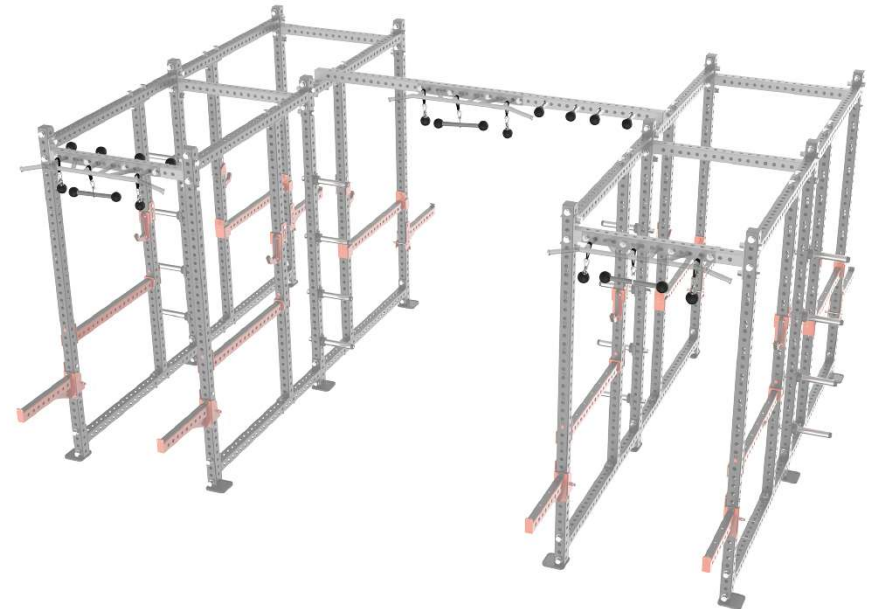


### HSPCF59 BALL GRIP ATTACHMENT (7 pieces)

It can be attached to any position with holes and suitable height.

Gripping strength training attachment.

PRODUCT DIMENSION (L×W×H)	321/207/443×209×76(mm) 12.6/8.1/17.4×8.2×3.0 (in)
PRODUCT WEIGHT	7.8kg/17.2lbs



## Examples of Combination



1

- 2 × MS12 FUNCTIONAL CABLE PULLEY
- 1 × MS21 RACK CONNECTED BRIDGE
- 2 × MS29 CENTRAL CONNECTED STAND
- 1 × MS23 BUMPER PLATE STORAGE CONNECTOR BETWEEN RACK
- 1 × MS24 KETTLEBELL STORAGE CONNECTOR BETWEEN RACK
- 1 × MS25 BALL STORAGE CONNECTOR BETWEEN RACK
- 1 × MS26 DUMBBELL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	2389×1665×2599 (mm)
	94.1×65.6×102.3 (in)



4

- 1 × MS00 STAND-SINGLE STORAGE
- 1 × MS01 HALF RACK

PRODUCT DIMENSION (L×W×H)	1790×1828×2614 (mm)
	70.5×72.0×102.9 (in)



5

- 1 × MS00 STAND-SINGLE STORAGE
- 1 × MS02 POWER RACK

PRODUCT DIMENSION (L×W×H)	1790×2421×2614 (mm)
	70.5×95.3×102.9 (in)

2

- 2 × MS00 STAND-SINGLE STORAGE
- 2 × MS01 HALF RACK
- 2 × MS11 LAT PULLDOWN/VERTICAL ROW
- 2 × MS12 FUNCTIONAL CABLE PULLEY
- 1 × MS21/22 RACK CONNECTED BRIDGE

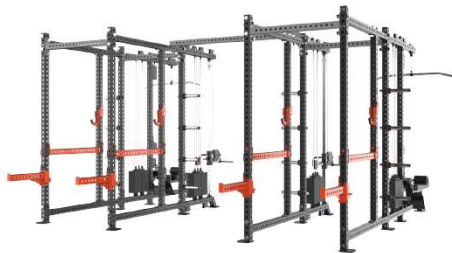
PRODUCT DIMENSION (L×W×H)	4970×3492×2614 (mm)
	195.7×137.5×102.9 (in)



6

- 2 × MS00 STAND-SINGLE STORAGE
- 2 × MS01 HALF RACK
- 1 × MS21/22 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	4970×1828×2614 (mm)
	195.7×72.0×102.9 (in)



3

- 2 × MS00 STAND-SINGLE STORAGE
- 2 × MS02 POWER RACK
- 2 × MS11 LAT PULLDOWN/VERTICAL ROW
- 2 × MS12 FUNCTIONAL CABLE PULLEY
- 1 × MS21/22 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	4970×4537×2614 (mm)
	195.7×178.6×102.9 (in)

7

- 2 × MS00 STAND-SINGLE STORAGE
- 2 × MS01 HALF RACK
- MS23 BUMPER PLATE STORAGE CONNECTOR BETWEEN RACK
- MS24 KETTLEBELL STORAGE CONNECTOR BETWEEN RACK
- MS25 BALL STORAGE CONNECTOR BETWEEN RACK
- MS26 DUMBBELL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	4970×1828×2614 (mm)
	195.7×72.0×102.9 (in)





- 8  
 2 × MS00 STAND-SINGLE STORAGE  
 2 × MS02 POWER RACK  
 1 × MS21/22 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	4970×2871×2614 (mm) 195.7×113.0×102.9 (in)
---------------------------	---

- 11  
 1 × MS00 STAND-SINGLE STORAGE  
 2 × MS02 POWER RACK

PRODUCT DIMENSION (L×W×H)	1790×4684×2614 (mm) 70.5×184.4×102.9 (in)
---------------------------	--



9

- 2 × MS00 STAND-SINGLE STORAGE  
 2 × MS02 POWER RACK  
 MS23 BUMPER PLATE STORAGE CONNECTOR BETWEEN RACK  
 MS24 KETTLEBELL STORAGE CONNECTOR BETWEEN RACK  
 MS25 BALL STORAGE CONNECTOR BETWEEN RACK  
 MS26 DUMBBELL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	4970×2871×2614 (mm) 195.7×113.0×102.9 (in)
---------------------------	---



- 12  
 2 × MS00 STAND-SINGLE STORAGE  
 4 × MS01 HALF RACK  
 1 × MS21/22 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	5670×2598×2614 (mm) 223.2×102.3×102.9 (in)
---------------------------	---



- 10  
 1 × MS00 STAND-SINGLE STORAGE  
 2 × MS01 HALF RACK

PRODUCT DIMENSION (L×W×H)	1790×2598×2614 (mm) 70.5×102.3×102.9 (in)
---------------------------	--

- 13  
 2 × MS00 STAND-SINGLE STORAGE  
 4 × MS02 POWER RACK  
 1 × MS21/22 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	5670×2598×2614 (mm) 223.2×102.3×102.9 (in)
---------------------------	---





14

- 2× MS00 STAND-SINGLE STORAGE
- 4× MS01 HALF RACK
- MS23 BUMPER PLATE STORAGE CONNECTOR BETWEEN RACK
- MS24 KETTLEBELL STORAGE CONNECTOR BETWEEN RACK
- MS25 BALL STORAGE CONNECTOR BETWEEN RACK
- MS26 DUMBBELL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	4970×4684×2614 (mm) 195.7×184.4×102.9 (in)
---------------------------	---

15

- 2× MS00 STAND-SINGLE STORAGE
- 4× MS02 POWER RACK
- MS23 BUMPER PLATE STORAGE CONNECTOR BETWEEN RACK
- MS24 KETTLEBELL STORAGE CONNECTOR BETWEEN RACK
- MS25 BALL STORAGE CONNECTOR BETWEEN RACK
- MS26 DUMBBELL STORAGE CONNECTOR BETWEEN RACK

PRODUCT DIMENSION (L×W×H)	4970×4684×2614 (mm) 195.7×184.4×102.9 (in)
---------------------------	---



16

- 2× MS00 STAND-SINGLE STORAGE
- 4× MS02 POWER RACK
- 2× MS11 LAT PULLDOWN/VERTICAL ROW
- 1× MS22 RACK CONNECTED BRIDGE

PRODUCT DIMENSION (L×W×H)	4970×4684×2614 (mm) 195.7×184.4×102.9 (in)
---------------------------	---



17

- 2× MS11 LAT PULLDOWN/VERTICAL ROW
- 2× MS12 FUNCTIONAL CABLE PULLEY
- 1× MS29 CENTRAL CONNECTED STAND

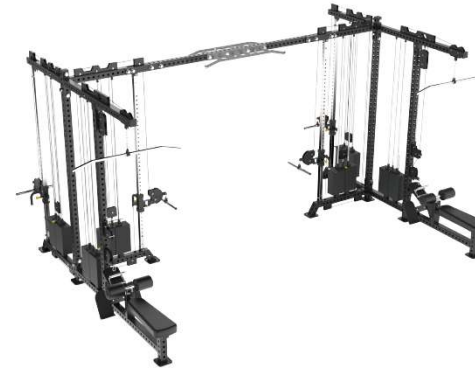
PRODUCT DIMENSION (L×W×H)	3264×3264×2614 (mm) 128.5×128.5×102.9 (in)
---------------------------	---



18

- 2× MS11 LAT PULLDOWN/VERTICAL ROW
- 4× MS12 FUNCTIONAL CABLE PULLEY
- 1× MS28 MULTI STATION CONNECTED BRIDGE
- 2× MS29 CENTRAL CONNECTED STAND
- 2× HSPCF28 MULTI ANGLE PULL UP HANDLE

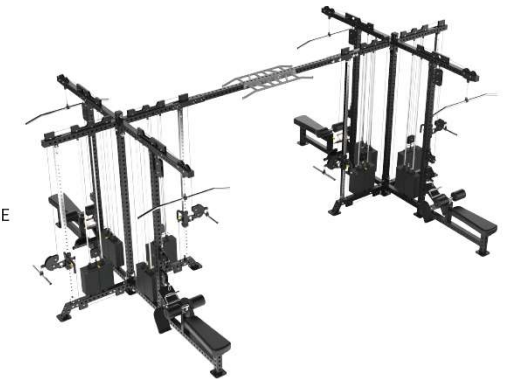
PRODUCT DIMENSION (L×W×H)	4960×3264×2614 (mm) 195.3×128.5×102.9 (in)
---------------------------	---



19

- 4× MS11 LAT PULLDOWN/VERTICAL ROW
- 4× MS12 FUNCTIONAL CABLE PULLEY
- 1× MS28 MULTI STATION CONNECTED BRIDGE
- 2× MS29 CENTRAL CONNECTED STAND
- 2× HSPCF28 MULTI ANGLE PULL UP HANDLE

PRODUCT DIMENSION (L×W×H)	6570×4398×2614 (mm) 258.7×173.1×102.9 (in)
---------------------------	---



# FF Line >>>

Discover the perfect fusion of functionality and storage! We proudly present our latest product, a revolutionary combination of functional training and storage rack functionality. Welcome to experience this innovative product that will bring endless possibilities to your fitness space!

FF stands out with its unique design and multifunctionality. It not only offers an efficient area for functional training but also cleverly incorporates storage rack capabilities. By connecting extension module, you can extend it endlessly to the right, creating a spacious storage rack and an infinite functional training area.

**Thoughtful design:** The product is made with high-quality materials and exquisite craftsmanship. The vertical columns and crossbeams are constructed using 3mm thick tubes to ensure sturdiness and durability, meeting the high-intensity demands of commercial environments.

**Multi-functionality:** The versatile FF series offers not only a variety of configurations for different types of functional training to help you achieve diverse fitness goals, but also seamlessly integrates storage functionality into the product. With multiple storage compartments, it ensures your workout area remains neat and organized, maximizing space utilization at all times.

The storage shelf can be installed at a 27-degree angle, adding both aesthetic appeal and convenient access to various accessories.

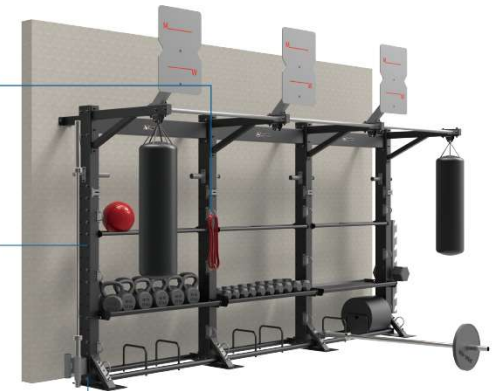
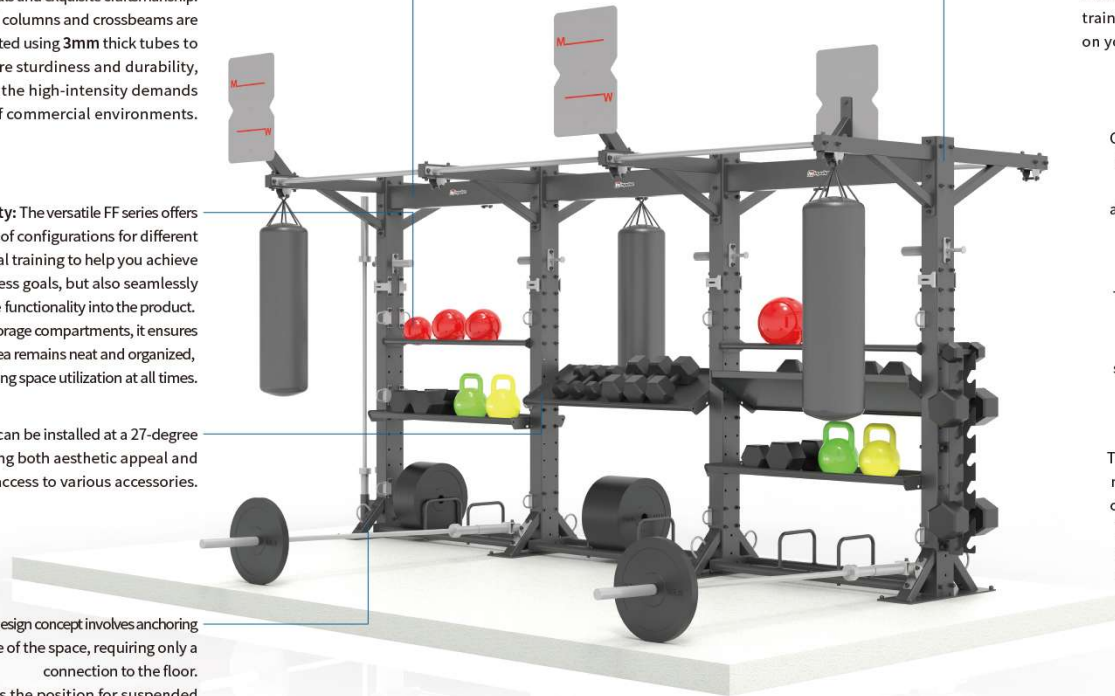
The **Center-based design** concept involves anchoring in the middle of the space, requiring only a connection to the floor. This maximizes the position for suspended multi-functional training and accommodates more individuals for training.

**Flexible extension:** With the ability to connect the Extension Module, you can effortlessly extend the product to the right, creating storage racks and functional training areas of various sizes based on your space requirements.

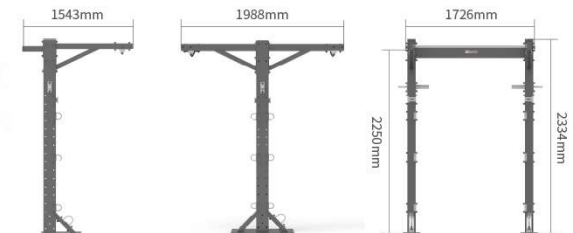
Comes with multiple hooks designed for the use and storage of resistance bands and other training straps, allowing you to adjust their positions according to your preferences for added convenience.

The spacing between the main upright holes is 100mm. You can adjust the positions and heights of storage shelves, hooks, and other accessories according to your specific usage scenarios.

The **Wall-based design** concept aims to maximize space utilization by requiring connections to both the wall and the floor. This provides additional storage space while also offering the potential for more multi-functional training opportunities.



\*All accessories shown in the image, such as dumbbells, kettlebells, medicine balls, barbells, sandbags, resistance bands, etc., are for demonstration purposes only. The actual product does not come with such accessories.





STRENGTH

FF



FF00 MAIN RACK  
(WALL-BASED)



FF00+FF1011



FF1011  
EXPANSION MODULE  
(WALL-BASED)



FF01 MAIN RACK  
(CENTER-BASED)



FF01+FF1012



FF1012  
EXPANSION MODULE  
(CENTER-BASED)









FF02 BACK RACK








FF02+FF1013+FF00  
+FF1011+3\*FF24  
+FF25+FF44+FF46  
+FF52+FF53







FF1013 BACK  
RACK EXTENSION

Shape	Package/Product Dimension
	1× FF00 FF1011 FF23 FF24 FF25 FF44 FF46 FF52 FF53 1726×1321×2334(mm) 68.0×52.0×91.9(in)
	1× FF00 2× FF1011 FF23 FF24 FF25 FF44 FF46 FF52 FF53 3269×1321×2334(mm) 128.7×52.0×91.9(in)
	1× FF00 3× FF1011 FF23 FF24 FF25 FF44 FF46 FF52 FF53 4812×1321×2334(mm) 189.4×52.0×91.9(in)
	1× FF01 FF1012 FF23 FF24 FF25 FF44 FF46 FF52 FF53 1726×1988×2334(mm) 68.0×78.7×91.9(in)
	1× FF01 FF23 2× FF1012 FF24 FF25 FF44 FF46 FF52 FF53 3269×1988×2334(mm) 128.7×78.7×91.9(in)
	1× FF01 3× FF1012 4812×1988×2334(mm) 189.4×78.7×91.9(in)

				
FF00 MAIN RACK (WALL-BASED)	FF01 MAIN RACK (CENTER-BASED)	FF02 BACK RACK	FF1011 EXPANSION MODULE(WALL-BASED)	FF1012 EXPANSION MODULE(CENTER-BASED)
L.W.H 367×1321×2334 (mm) 14.4×52.0×91.9 (in)	L.W.H 367×1998×2334 (mm) 14.4×78.7×91.9 (in)	L.W.H 285×300×2380 (mm) 11.2×11.8×93.7 (in)	L.W.H 1641×1321×2334 (mm) 64.6×52.0×91.9 (in)	L.W.H 1641×1988×2334 (mm) 64.6×78.7×91.9 (in)
N.W 51.6kg/113.7lbs	N.W 67kg/147.7lbs	N.W 43.5kg/95.9lbs	N.W 73.3kg/161.6lbs	N.W 93kg/205lbs

				
FF1013 BACK RACK EXTENSION	FF-SP STORAGE POST	FF23 TRAINING PLATE STORAGE	FF24 DUMBBELL KETTLEBELL STORAGE	FF25 BALL STORAGE
L.W.H 345×270×2380 (mm) 13.6×10.6×93.7 (in)	L.W.H 2338×675×1016 (mm) 92.0×26.6×91.9 (in)	L.W.H 1555×370×251 (mm) 61.2×14.6×9.9 (in)	L.W.H 1555×465×74 (mm) 61.2×18.3×2.9 (in)	L.W.H 1555×230×70 (mm) 61.2×9.1×2.8 (in)
N.W 62.5kg/137.8lbs	N.W 190kg/418.9lbs	N.W 12.1kg/26.7lbs	N.W 20.6kg/45.4lbs	N.W 7.1kg/15.7lbs

			
FF44 BARBELL STORAGE	FF46 WALL BALL TARGET	FF52 LANDMINE RACK ATTACHMENT	FF53 VERTICAL DUMBBELL STORAGE
L.W.H 236×194×200 (mm) 10.4×7.6×7.9 (in)	L.W.H 450×355×821 (mm) 17.7×14.0×32.3 (in)	L.W.H 380×200×100 (mm) 15.0×7.9×3.9 (in)	L.W.H 1070×260×140 (mm) 42.1×10.2×5.5 (in)
N.W 3.6kg/7.9lbs	N.W 16kg/35.3lbs	N.W 3.3kg/7.3lbs	N.W 9.8kg/21.6lbs

STRENGTH

FF

# HSP Line >>>

## HSP-PRO001 AIR RESISTANCE DUAL-ARM FUNCTIONAL TRAINER



The 5 LED windows design can accurately display the resistance level, training times(2 windows), peak power percentage and parameters, which is convenient for the user to always grasp the training information to scientifically arrange the training plan



Depending on the height and movement of the trainer, the training arm can be adjusted in coronal plane (up and down) of 180° and at 13 gears. Unilateral horizontal level of both arms (front and rear) 90°, 7 gears adjustment, which is suitable for all heights and training types

Model	HSP-PRO001
Power	110V-220V
Resistance Range	2kg-25kg
Resistance Increment	0.1kg
Product Dimension	2500×1100×2400 (mm) 98.4×43.3×94.5 (in)
Net Weight	150kg/330.7lbs
Fixed	Can be fixed to the floor or wall



Equipped with double training arms, the cable joint end can rotate 360° with the change of force direction of the trainer, ensuring the comfort of the strength exertion and variable force direction need during the training process. Meanwhile, it can protect the cable and extend its service life



It can also expand a variety of accessories to cooperate with various special functional trainings, such as dual pull handle, ankle strap, training bat, training belt, thigh strap, tricep training rope, etc



Through easy-to-understand training guidelines, users can quickly master the training methods of major muscle groups

HSP professional physical training equipment is a perfect solution of multiple and customized functional training needs. It is designed to improve strength, endurance, speed, power, agility and dynamic balance. It can meet different requirements of professional athletes, sports teams, physical training center and big commercial gyms.

## HSP-PRO002 AIR RESISTANCE FUNCTIONAL TRAINER



Accurate and convenient adjustment: it can adjust resistance at a minimum increment of 0.1kg with two buttons; giving user a better control over the functional training process



Through easy-to-understand training guidelines, users can quickly master the training methods of major muscle groups



The 50mm-2000mm single pulley track with 36 gears adjustment, and the angle of the pulley can be rotated with the change of the direction of the force, which meets all heights and training types of use, but also to protect the equipment and cable, extend the life of the role

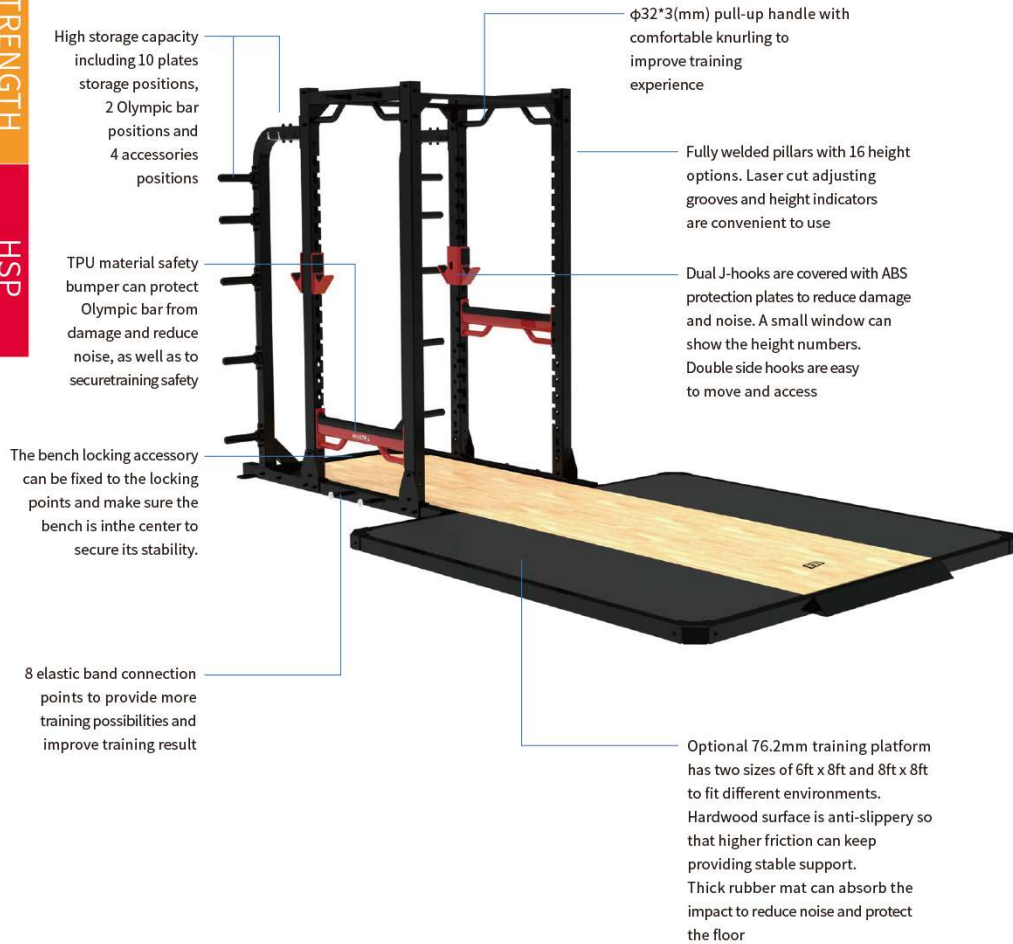


Multiple HSP-PRO002 equipment can be designed as a training area to meet the needs of multi-functional training for single trainer or multi-group training

Model	HSP-PRO002
Power	110V-220V
Resistance Range	2kg-37.5kg
Resistance Increment	0.1kg
Resistance Levels	36
Product Dimension	560×445×2340 (mm) 22.0×17.5×92.1 (in)
Net Weight	150kg/330.7lbs
Fixed	Can be fixed to the floor or wall

STRENGTH

HSP



Shape		Optional Accessory Package	Product Dimension
HSPR01-HALF RACK		HSP7011 ADJUSTABLE DOCK' N LOCK BENCH HSPR21 RACK CONNECTOR-MULTI-GRIP HSPR31 PLATFORM(6FT*8FT) HSPR41 STEP ATTACHMENT HSPR42 DIP ATTACHMENT HZ7008 BATTLE ROPE ATTACHMENT IZ7012 PIVOT SE5043 SPOTTER STANDS	1750×1470×2480(mm) 68.9×57.9×97.6(in)
HSPR02-POWER RACK		HSP7011 ADJUSTABLE DOCK' N LOCK BENCH HSPR21 RACK CONNECTOR-MULTI-GRIP HSPR32 PLATFORM(8FT*8FT) HSPR41 STEP ATTACHMENT HSPR42 DIP ATTACHMENT HZ7008 BATTLE ROPE ATTACHMENT IZ7012 PIVOT SE5043 SPOTTER STANDS	2085×1750×2480(mm) 82.1×68.9×97.6(in)
HSPR03-DOUBLE HALF RACK		HSP7011 ADJUSTABLE DOCK' N LOCK BENCH HSPR21 RACK CONNECTOR-MULTI-GRIP HSPR31 PLATFORM(6FT*8FT) HSPR41 STEP ATTACHMENT HSPR42 DIP ATTACHMENT HZ7008 BATTLE ROPE ATTACHMENT IZ7012 PIVOT SE5043 SPOTTER STANDS	2595×1750×2480(mm) 102.2×57.9×97.6(in)

STRENGTH

HSP



**HSP7011 ADJUSTABLE DOCK' N LOCK BENCH**

PRODUCT DIMENSION	1400×710×76.2 (mm) 55.1×28.0×3.0 (in)
PRODUCT WEIGHT	44kg/97.0lbs



**HSP7013 GLUTE HAM BENCH**

PRODUCT DIMENSION	1765×950×1400 (mm) 69.5×37.4×55.1 (in)
PRODUCT WEIGHT	70kg/154.3lbs



**HSPR31 PLATFORM(6FT\*8FT)**

PRODUCT DIMENSION	3140×2560×76.2 (mm) 123.6×100.8×3.0 (in)
PRODUCT WEIGHT	263.5kg/580.9lbs



**HSPR32 PLATFORM(8FT\*8FT)**

PRODUCT DIMENSION	4355×2560×76.2 (mm) 171.5×100.8×3.0 (in)
PRODUCT WEIGHT	263.5kg/580.9lbs



**HSPR21 RACK CONNECTOR-MULTI-GRIP**

PRODUCT DIMENSION	2212×225×230 (mm) 87.1×8.9×9.1 (in)
PRODUCT WEIGHT	19.5kg/43.0lbs



**HSP7051 HIGH PRONE ROW BENCH**

PRODUCT DIMENSION	1790×1310×1180 (mm) 70.5×51.6×46.5 (in)
PRODUCT WEIGHT	80kg/176.4lbs



**IZ7012 PIVOT**

PRODUCT DIMENSION	2850×1117×204 (mm) 112.2×44.0×8.0 (in)
PRODUCT WEIGHT	38.3kg/84.4lbs



**HSPR41 STEP ATTACHMENT**

PRODUCT DIMENSION	798×661×338 (mm) 31.4×26.0×13.3 (in)
PRODUCT WEIGHT	19.1kg/42.1lbs



**HSPR42 DIP ATTACHMENT**

PRODUCT DIMENSION	985×626×260 (mm) 38.8×24.6×10.2 (in)
PRODUCT WEIGHT	12.6kg/27.8lbs



**HSP7052 HIGH ROW**

PRODUCT DIMENSION	1875×1713×2123 (mm) 73.8×67.4×83.6 (in)
PRODUCT WEIGHT	160kg/352.7lbs



**HSP7053 LEG CURL**

PRODUCT DIMENSION	1705×620×742 (mm) 67.1×24.4×29.2 (in)
PRODUCT WEIGHT	40kg/88.2lbs



**SE5043 SPOTTER STANDS**

PRODUCT DIMENSION	400×235×442 (mm) 15.7×9.3×17.4 (in)
PRODUCT WEIGHT	24.2kg/53.4lbs



**HZ7008 BATTLE ROPE ATTACHMENT**

PRODUCT DIMENSION	178×129×60 (mm) 7.0×5.1×2.4 (in)
-------------------	-------------------------------------



**ZONE360**

Group Functional Training Solutions



X ZONE

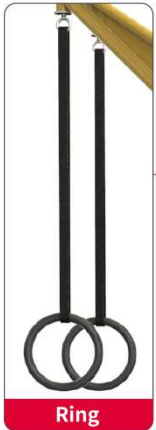


1 ZONE



	Shape	Package	Product Dimension	Optional Accessory Package
IZ-S		IZ7001 Stretching Station IZ7003 Rebounder Station IZ7011 S-joint	3250×1120×2364(mm) 128×44.1×93.1(in)	IZ7009 Step Attachment IZ7010 DIP Attachment IZ7012 Pivot Kettlebell, Battle Rope, TRX, Medicine ball, Bar, Plate etc.
IZ-I		IZ7001 Stretching Station IZ7002 Boxing Station IZ7008 Stair-1	4794×1654×2446(mm) 188.7×65.1×96.3(in)	IZ7009 Step Attachment IZ7010 DIP Attachment IZ7012 Pivot Kettlebell, Punching Bag, Battle Rope, TRX, Medicine ball, Bar, Plate etc.
IZ-L		IZ7001 Stretching Station IZ7002 Boxing Station IZ7003 Rebounder Station IZ7008 Stair-1 IZ7011 S-joint	4794×3250×2446(mm) 188.7×128×96.3(in)	IZ7009 Step Attachment IZ7010 DIP Attachment IZ7012 Pivot Kettlebell, Punching Bag, Battle Rope, TRX, Medicine ball, Bar, Plate etc.
IZ-T		IZ7003 Rebounder Station IZ7004 Power Rack Station IZ7005 DAP Station IZ7006 Connector IZ7007 Stair-2	4694×3139×2446(mm) 184.8×123.6×96.3(in)	IZ7012 Pivot Kettlebell, Battle Rope, TRX, Medicine ball, Bar, Plate etc.
IZ-O		IZ7001 Stretching Station IZ7002 Boxing Station IZ7003 Rebounder Station IZ7005 DAP Station IZ7014 Stair-3	3637×3630×2446(mm) 141.3×136.7×96.3(in)	IZ7009 Step Attachment IZ7010 DIP Attachment IZ7012 Pivot Kettlebell, Punching Bag, Battle Rope, TRX, Medicine ball, Bar, Plate etc.
IZ-H		IZ7001 Stretching Station IZ7002 Boxing Station IZ7003 Rebounder Station IZ7005 DAP Station IZ7015 Stair-4	4137×2880×2449(mm) 162.9×113.4×96.4(in)	IZ7009 Step Attachment IZ7010 DIP Attachment IZ7012 Pivot Kettlebell, Punching Bag, Battle Rope, TRX, Medicine ball, Bar, Plate etc.
IZ-X		IZ7002 Boxing Station IZ7003 Rebounder Station IZ7004 Power Rack Station IZ7005 DAP Station IZ7006 Connector IZ7007 Stair-2×2	7489×3139×2446(mm) 294.8×123.6×96.3(in)	IZ7009 Step Attachment IZ7010 DIP Attachment IZ7012 Pivot Kettlebell, Punching Bag, Battle Rope, TRX, Medicine ball, Bar, Plate etc.

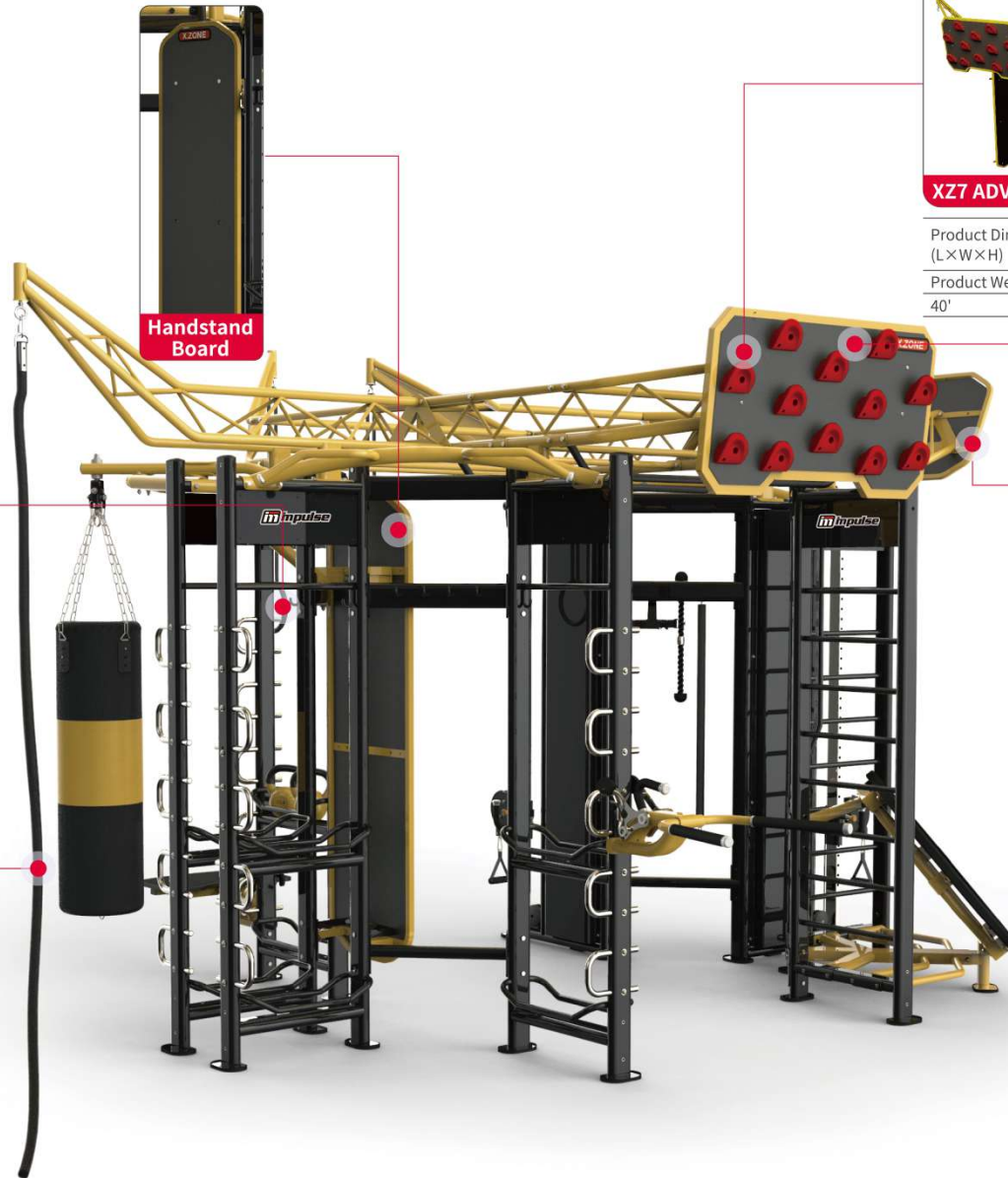
Place 5 advanced station on X-Zone training station



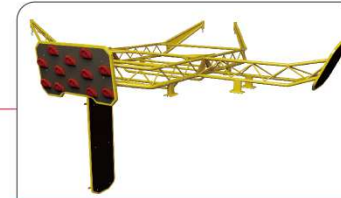
Ring



Climbing Rope



Handstand Board

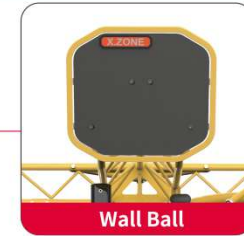


XZ7 ADVANCED TRAINING FRAME

Product Dimension (L×W×H)	5150×3570×2650(mm) 202.8×140.6×104.3(in)
Product Weight	229.5kg/504.9lbs
40'	24



Climbing



Wall Ball

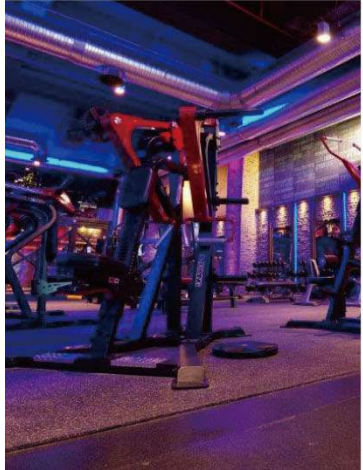
Package-1	IZ7001 Stretching Station IZ7002 Boxing Station IZ7003 Rebounder Station IZ7005 DAP Station
Package-2	XZ7 Advanced Training Frame: Climbing Handstand Board Wall Ball
Assembly Size	5150x3570x3010(mm)
Optional Accessory Package	IZ7009 Step Attachment IZ7010 DIP Attachment IZ7012 Pivot XZ5001 ring XZ5002 climbing rope XZ5003 wall ball, Punching Bag, Kettlebell, Battle Rope TRX, Medicine Ball, Bar Plate, etc.



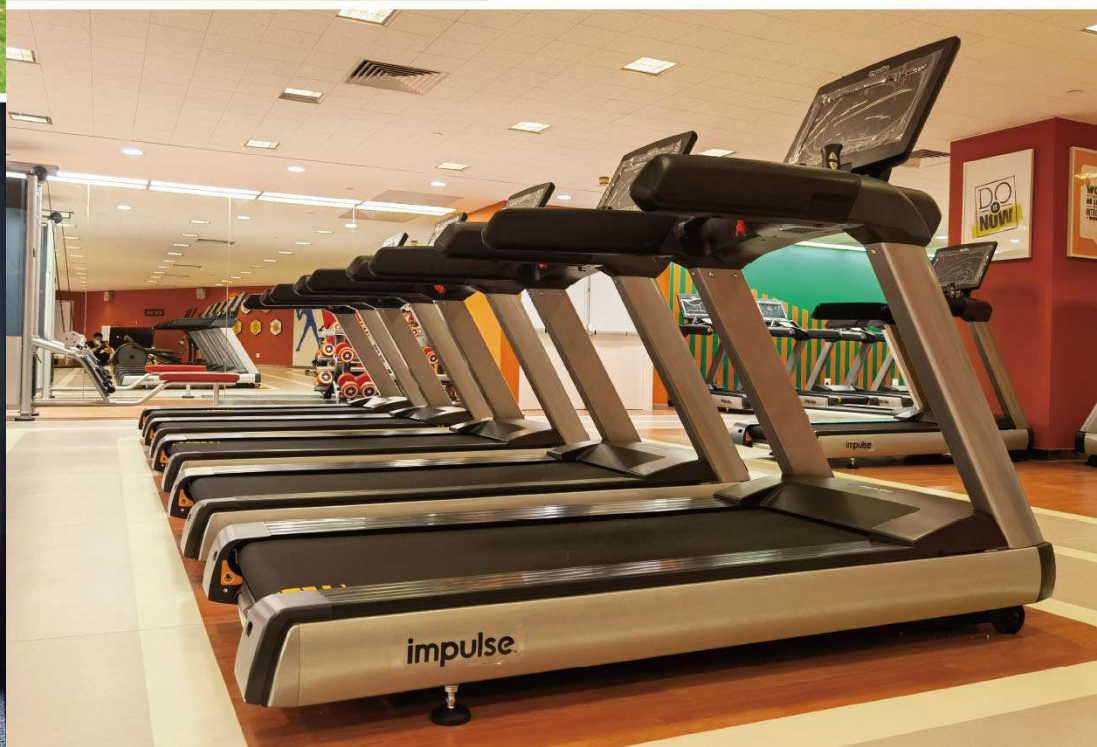
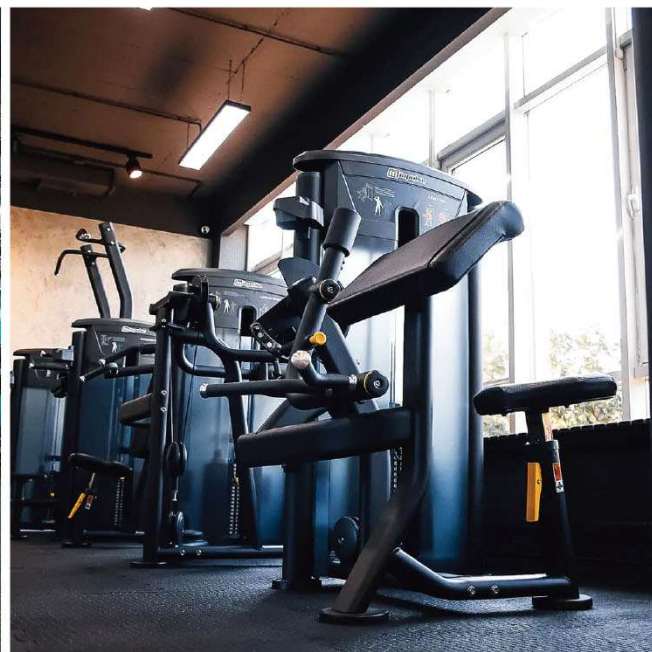
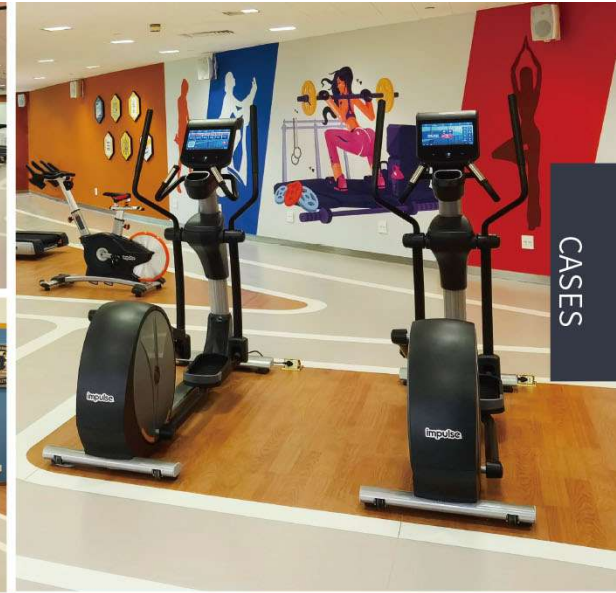
CASES



CASES





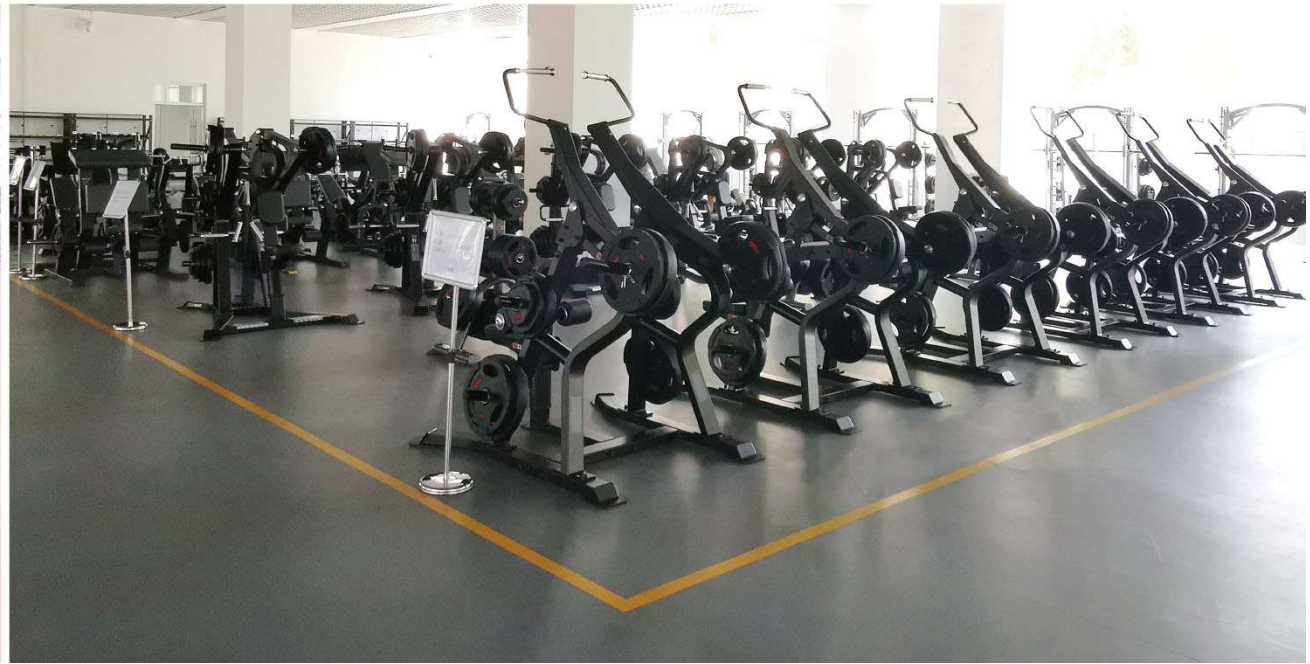




CASES



CASES

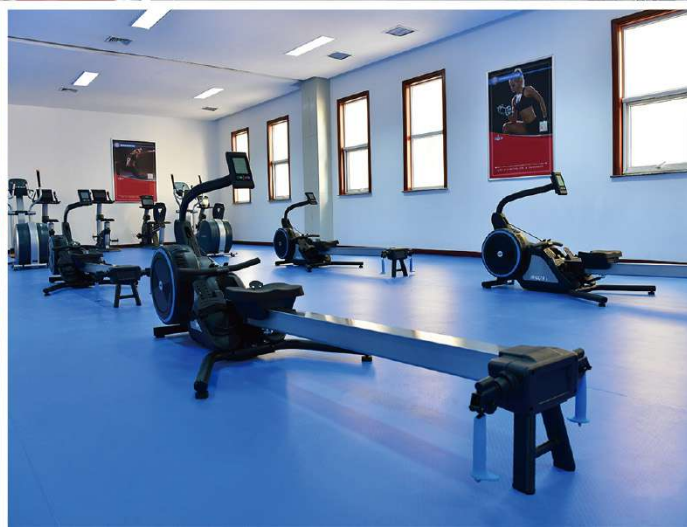
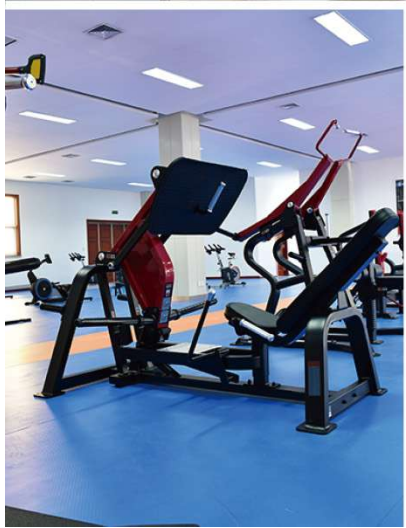




CASES



CASES





**Impulse Cardiovascular Equipment Limited Warranty**

Description	Warranty
Frame	7 Years
Treadmill AC Motor	3 Years
Treadmill DC Motor, Structural Moving Parts	2 Years
Display PCB, Motor Controller,	
Generator, EMS, ECB Brake	2 Years
Key Pad, Durable Wear Parts	1 Year

**Impulse Strength Training Equipment Limited Warranty**

Description	Warranty
Structural Steel Frame	Lifetime
Rotary Bearings, Weight Stacks, Pulleys,	
Guide Rods, Structural Moving Parts	2 Years
Cable, Linear Bearings, Springs	1 Year
Upholstery, Handgrips, All Other	
Items Not Listed	6 Months

\* Conditions and Restrictions Applied.



**m impulse**

**THE WAY TO WELLNESS**

All text, picture and data in this catalogue are for reference only. If there is inconsistency between the information and the actual product, the actual product shall govern. Impulse reserves all rights to explain any error or difference in this catalogue.

The trademark property in copyright including "Siegling", "Wahoo" and "Polar" have been maintained in Impulse product catalogues belong to their respective trademark registers.

Statement: Impulse branding is upgrading and during that time, **m**, **Wahoo** and **impulse** are both trademarks of Impulse products. Thank you for your support as always.