



THE STRENGTH RANGE

ELEGANT, DURABLE
AND COMFORTABLE.



STRENGTH FEATURES



CONVERGING/DIVERGING AXIS

Designed to replicate the body's natural motion, effectively engaging all muscles involved in the exercise.



RANGE LIMITING MOVEMENT ADJUSTERS

Flexible workout positions are achieved through an intelligent ergonomic design for the optimum workout whilst accommodating rehabilitation movements.



2.5KG INCREMENTAL 100KG STACK*

Small increment adjustments are standard across the range, providing a user-friendly workout to aid progression. The large weight scale offers a broader training range for all users.

*Alternative weight stacks are available upon request.



SIDE LOADING WEIGHT STACK

The side loading weight stack enables users to adjust their weight from their exercise position. The adjustment pin features an eyelet handle allowing any user to move the pin with the use of just one finger.



GAS ASSISTED CONTOURED SEAT

Simple and easy to adjust from the workout position, providing added comfort, stability and safety.



BELT DRIVEN DESIGN

For optimum durability and reliability, a reinforced steel belt is fitted across the range.



LOW PROFILE WEIGHT STACK

The low profile weight stack offers a sleek, modern design enhancing the gym environment.



UNIQUE INCORPORATED IFI DESIGNS

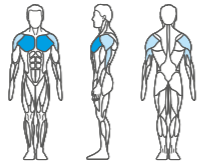
Varying textures, single-handed coloured adjustments and swing-away seats all contribute to a fully inclusive solution.





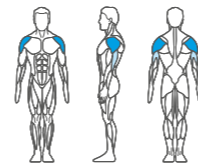
310H Chest Press

- Converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



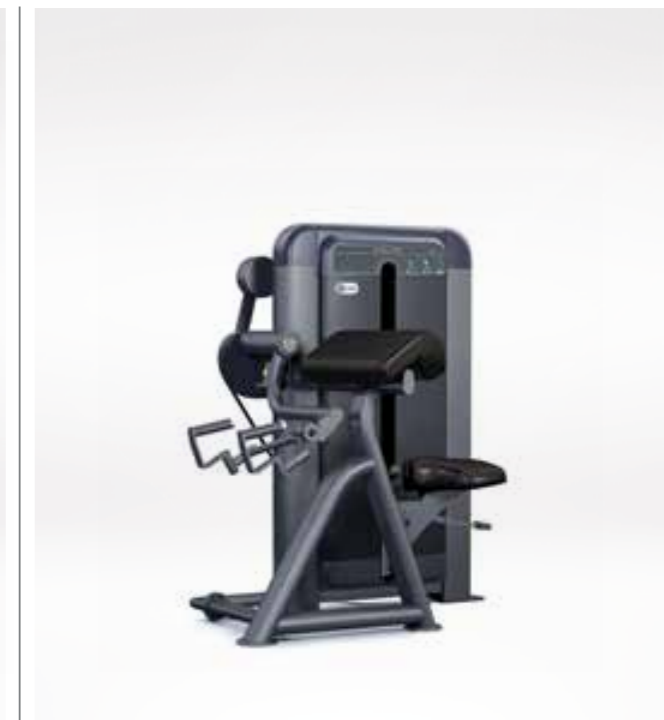
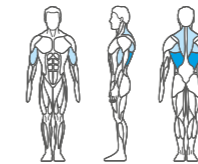
305H Shoulder Press

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



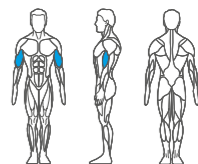
382H Seated Lat Pulldown

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



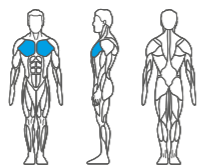
365H Arm Curl

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Ergonomic contour seat and padded arm support provides comfort and stability to exercise safely
- Adjustable hand grips for workout variety



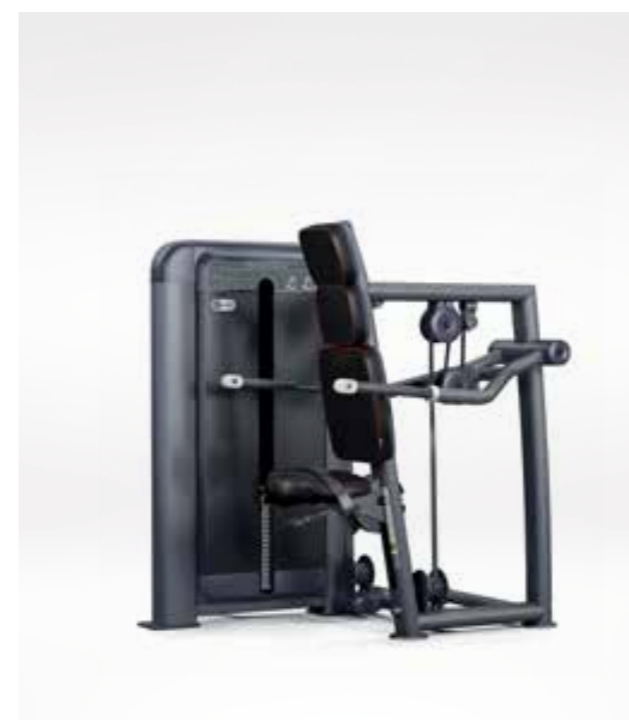
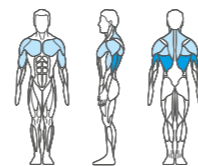
314H Pec Deck

- Independent arms ensure a balanced muscle workout
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Gas assisted seat with 10 height positions



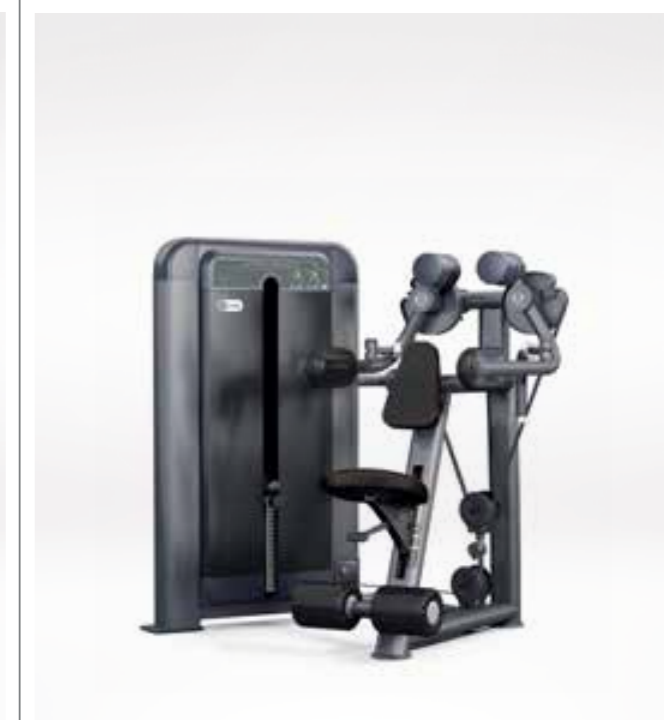
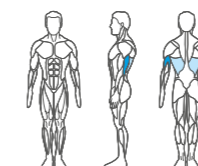
325H Assisted Chin & Dip

- Multiple start positions to ensure correct posture and workout variety
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Swing-away counterbalanced knee pad for added comfort



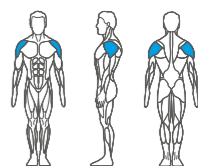
370H Tricep Press

- Gas assisted seat with 10 height positions
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted



335H Lateral Deltoid

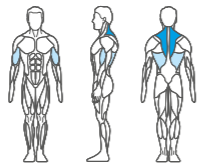
- Independent arms ensure a balanced muscle workout
- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Ergonomic contour seat provides comfort and stability to exercise safely





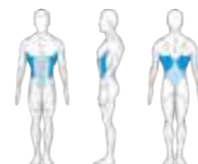
447H Seated Row

- Converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



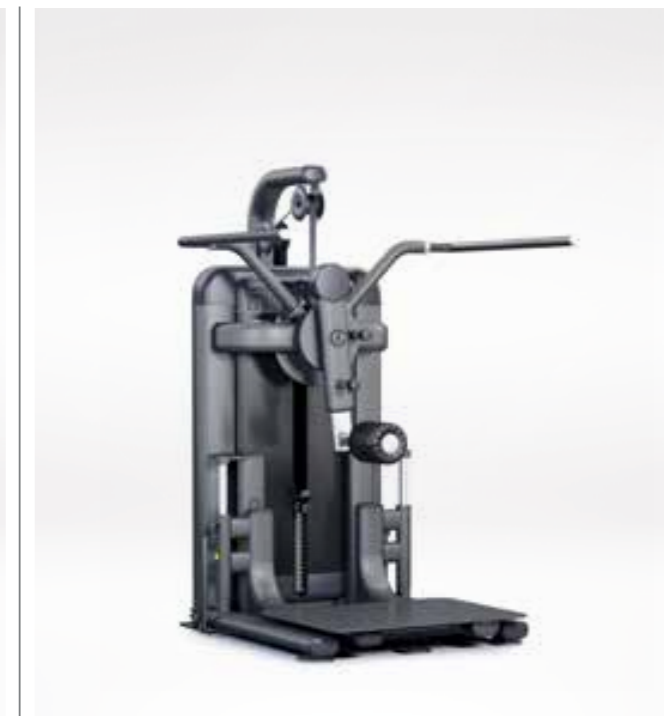
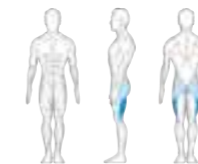
615H Rotary Torso

- Fully adjustable rotating arm provides a dynamic oblique abdominal workout
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Ergonomic contour seat provides comfort and stability to exercise safely



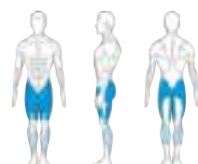
505H Abductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- Multiple start positions available from a single hand start position adjustment lever



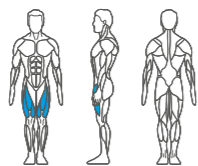
515H Multi-Hip

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Adjustable pivot point for a safe, smooth and efficient workout
- Sturdy adjustable platform for different user heights



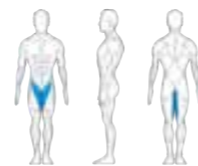
560H Leg Extension

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Durable, smooth running cam system gives a safe, efficient workout
- Multiple start positions available from a single hand start position adjustment lever



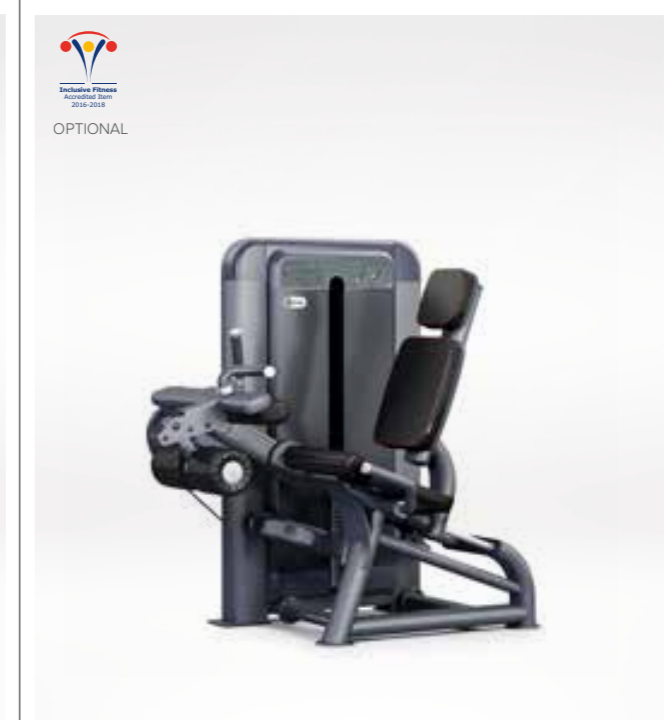
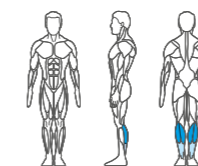
500H Adductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



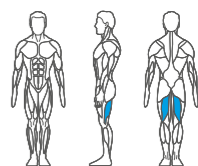
530H Seated Calf

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum
- Durable, smooth running, steel reinforced pulley system for safe efficient workouts



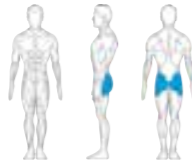
562H Seated Leg Curl

- Durable, smooth running cam system gives a safe, efficient workout.
- Multiple start positions available from a single hand start position adjustment lever
- Gas assisted seat adjustment and double pivoting pads promote perfect exercise posture and comfort during exercise

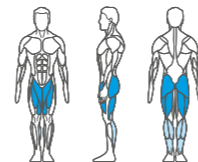


**571H Glute**

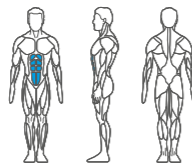
- Fully adjustable chest pad provides maximum support and comfort
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Grip adjustments and neoprene handles for comfort and inclusivity

**576H Seated Leg Press**

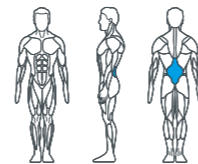
- Variable resistance cam design to regulate up to 200kg load to ensure the correct muscles are targeted
- Biomechanically efficient back support with seat shock absorption system
- Large, sturdy footplate and steel reinforced belt and pulley system for durability

**600H Abdominal**

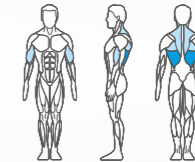
- Multiple start positions available from a single hand position adjustment lever
- Sturdy footrail with dual positions and double pivoting pads provide maximum user comfort during exercise
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum

**605H Lower Back Extension**

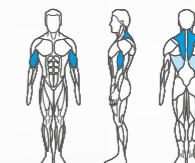
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Grip adjustments and neoprene handles for comfort and inclusivity
- Ergonomic positioning of the ankle supports allows for optimum results

**380H Lat Pulldown**

- Overhead pulley system and multi-grip pull bar allows users to customise their exercise in single axis motion
- Biomechanically efficient user position and padded rollers provide comfort and safety
- Anti-slip belt clamps and floor fixing points for additional safety

**385H Long Pull**

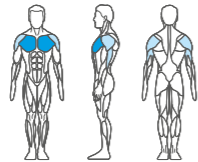
- Ergonomic Pullbar offers an efficient workout position
- Sturdy footrail with dual positions provide maximum comfort and stability to the lower limbs
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum





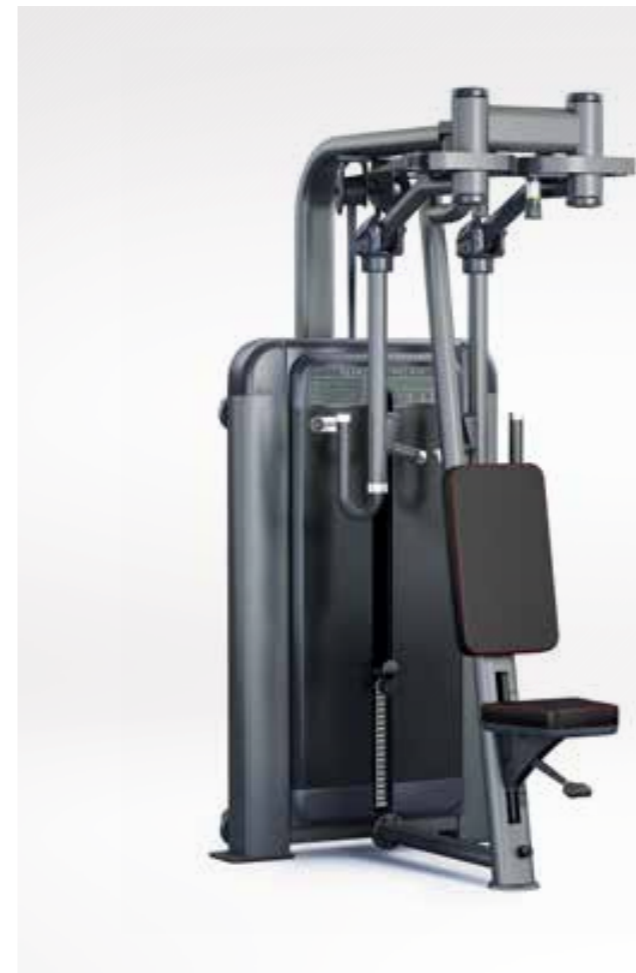
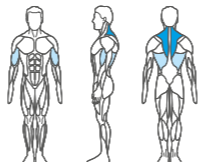
311H Independent Chest Press

- Independent converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Gas assisted seat with 10 height positions



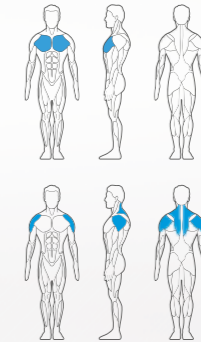
449H Independent Seated Row

- Independent arm and converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



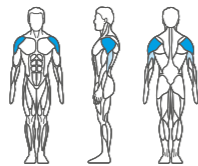
317H Independent Rear Deltoid/Pec Fly

- Independent movement provides for balanced training
- Dual machine ability allows for pec fly and rear deltoid workout
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



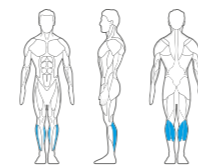
308H Independent Shoulder Press

- Independent arm and converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



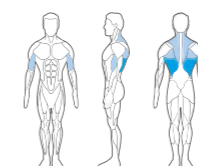
565H Prone Leg Curl

- Ergonomic incline pad provides stability to the back during workout
- Multiple grip neoprene handles for comfort and inclusivity
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



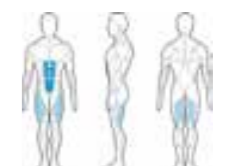
383H Independent Seated Lat. Pulldown

- Independent arm and converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



700H Leg Raise

- Large, spherical back pad to ensure stabilization
- Rubber feet to protect base and prevent the machine from slipping

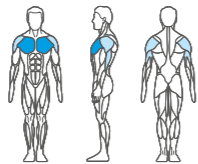


OPTIONAL



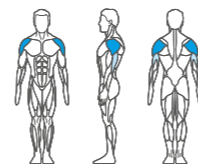
310H Chest Press

- Converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



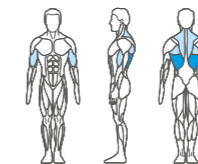
305H Shoulder Press

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



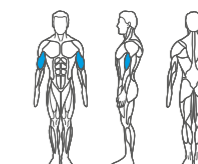
382H Seated Lat

- Converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- Single hand swing-away seat with adjustable back support aids accessibility for the inclusive market



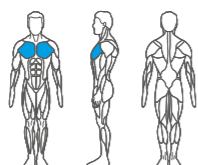
365H Arm Curl

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Ergonomic contour seat and padded arm support provides comfort and stability to exercise safely
- Adjustable hand grips for workout variety



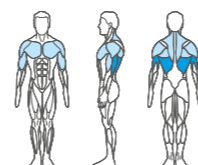
314H Pec Deck

- Independent arms ensure a balanced muscle workout
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Gas assisted seat with 10 height positions



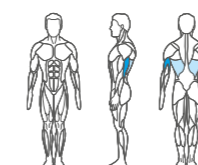
325H Assisted Chin & Dip

- Multiple start positions to ensure correct posture and workout variety
- 100kg enclosed weight stack with small (2.5kg) weight increment selections promoting a broader training spectrum
- Swing-away counterbalanced knee pad for added comfort



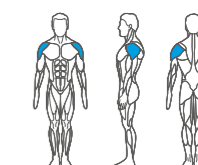
370H Tricep Press

- Gas assisted seat with 10 height positions
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted



335H Lateral Deltoid

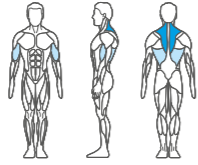
- Independent arms ensure a balanced muscle workout
- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Ergonomic contour seat provides comfort and stability to exercise safely





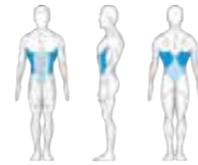
447H Seated Row

- Converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



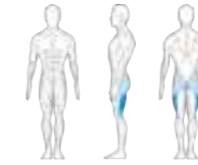
615H Rotary Torso

- Fully adjustable rotating arm provides a dynamic oblique abdominal workout
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- Ergonomic contour seat provides comfort and stability to exercise safely



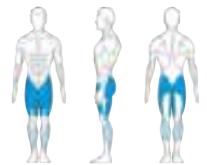
505H Abductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- Multiple start positions available from a single hand start position adjustment lever



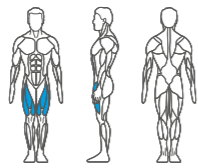
515H Multi-Hip

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Adjustable pivot point for a safe, smooth and efficient workout
- Sturdy adjustable platform for different user heights



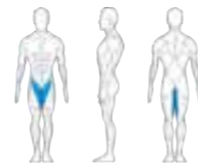
560H Leg Extension

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- Durable, smooth running cam system gives a safe, efficient workout
- Multiple start positions available from a single hand start position adjustment lever



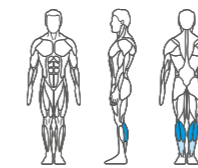
500H Adductor

- Smooth central pivot action for a safe, efficient workout
- Sturdy footrail with dual positions and comfortable knee pads provide maximum comfort to the lower limbs
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



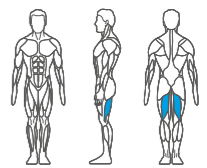
530H Seated Calf

- Counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum
- Durable, smooth running, steel reinforced pulley system for safe efficient workouts



562H Seated Leg Curl

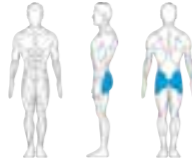
- Durable, smooth running cam system gives a safe, efficient workout.
- Multiple start positions available from a single hand start position adjustment lever
- Gas assisted seat adjustment and double pivoting pads promote perfect exercise posture and comfort during exercise





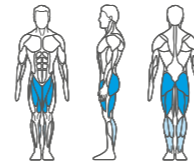
571H Glute

- Fully adjustable chest pad provides maximum support and comfort
- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Grip adjustments and neoprene handles for comfort and inclusivity



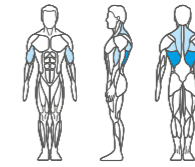
576H Seated Leg Press

- Variable resistance cam design to regulate up to 200kg load to ensure the correct muscles are targeted
- Biomechanically efficient back support with seat shock absorption system
- Large, sturdy footplate and steel reinforced belt and pulley system for durability



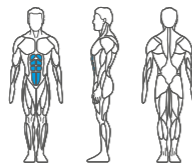
380H Lat Pulldown

- Overhead pulley system and multi-grip pull bar allows users to customise their exercise in single axis motion
- Biomechanically efficient user position and padded rollers provide comfort and safety
- Anti-slip belt clamps and floor fixing points for additional safety



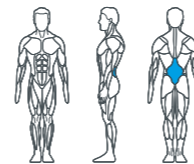
600H Abdominal

- Multiple start positions available from a single hand position adjustment lever
- Sturdy footrail with dual positions and double pivoting pads provide maximum user comfort during exercise
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum



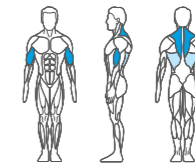
605H Lower Back Extension

- Variable resistance cam design to regulate the load throughout the exercise to ensure the correct muscles are targeted
- Grip adjustments and neoprene handles for comfort and inclusivity
- Ergonomic positioning of the ankle supports allows for optimum results



385H Long Pull

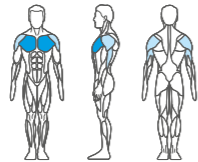
- Ergonomic Pullbar offers an efficient workout position
- Sturdy footrail with dual positions provide maximum comfort and stability to the lower limbs
- 100kg weight stack with 2.5kg increment selections for a broader training spectrum





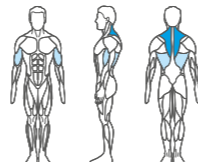
311H Independent Chest Press

- Independent converging axis to replicate the body's natural movement
- Multiple start positions to ensure correct posture and workout variety
- Gas assisted seat with 10 height positions



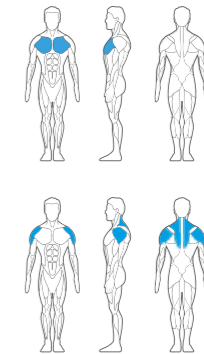
449H Independent Seated Row

- Independent arm and converging axis to replicate the body's natural movement
- Ergonomic rotating hand grips designed for maximum control and efficiency throughout the exercise
- Adjustable padded chest support provides comfort and stability to exercise safely



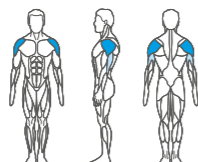
317H Independent Rear Deltoid/Pec Fly

- Independent movement provides for balanced training
- Dual machine ability allows for pec fly and rear deltoid workout
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



308H Independent Shoulder Press

- Independent arm and converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



565H Prone Leg Curl

- Ergonomic incline pad provides stability to the back during workout
- Multiple grip neoprene handles for comfort and inclusivity
- 100kg weight stack with 2.5kg weight increment for a broader training spectrum



383H Independent Seated Lat. Pulldown

- Independent arm and converging axis to replicate the body's natural movement
- Multiple grip positions with neoprene handles for comfort and inclusivity
- A counterbalanced weight provides a low start resistance to ensure exercise is performed smoothly and safely



700H Leg Raise

- Large, spherical back pad to ensure stabilization
- Rubber feet to protect base and prevent the machine from slipping



STRENGTH COLOUR OPTIONS

DARK SILVER
(Standard)



CRYSTAL WHITE
(Optional*)



Pulse crafts the perfect machine whilst you design the style and finish; choose from a selection of modern, vibrant upholstery colours and contemporary stylish frame finishes to create a sophisticated premium appearance in all gym environments.

Rest assured Pulse hand-picks and rigorously tests all vinyl upholstery colours to ensure robustness in your busy gym environment.

All Pulse upholstery is puncture and wear resistant and offers high resistance to abrasion, ageing, bacteria, disinfectant, mildew, oil and stains.

Pulse's frame finishes are guaranteed to last, utilising quality components for structural integrity, coupled with an intricate three-step frame finish process for maximum surface resistance. Emotive colours, sinuous curving profiles and striking aesthetics bring together a coordinated elegant look across the entire product range.

*Optional frame finishes and upholstery colours are subject to extended lead times.

Upholstery - Standard

BLACK

Upholstery - Optional

COCO*

SKY*

REEF*

LEAF*

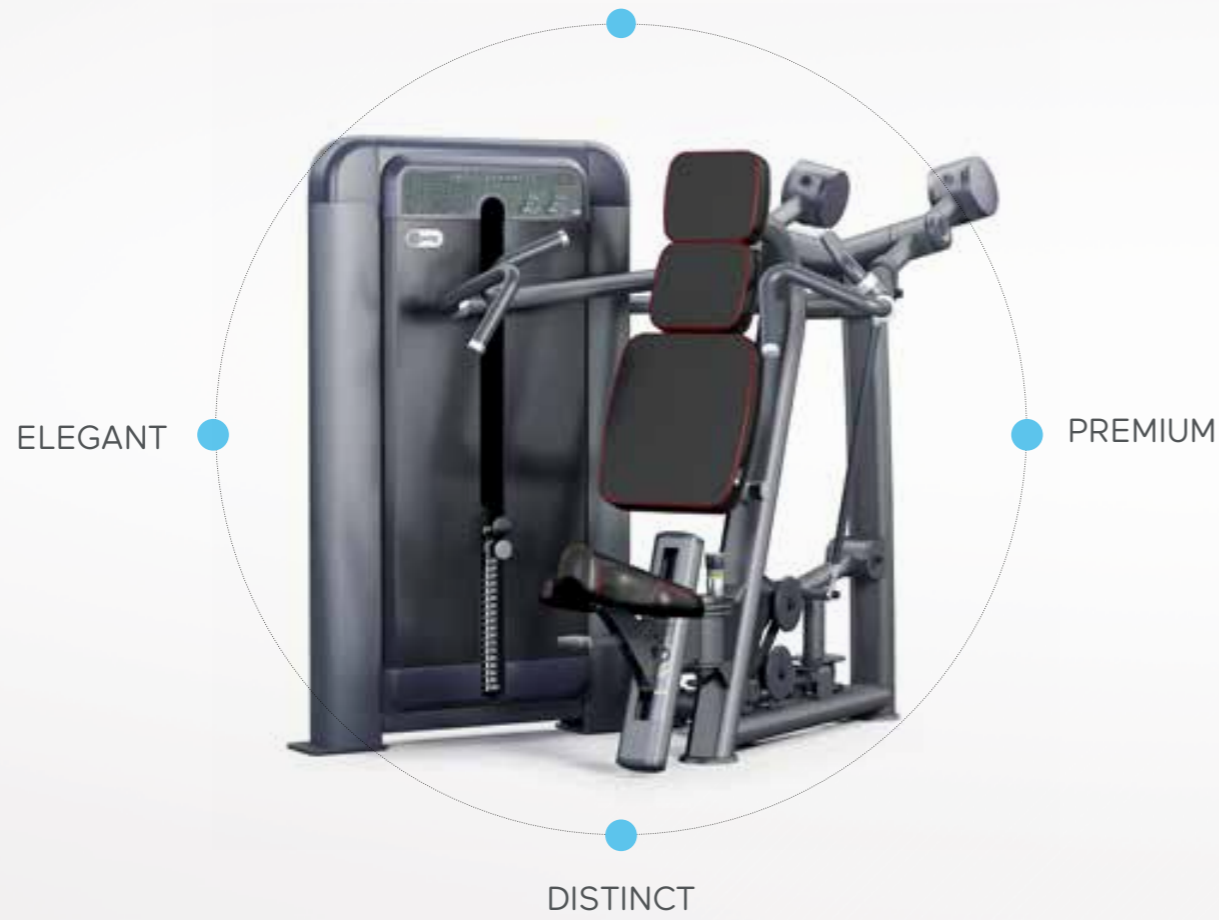
ROSSO*

CARBON FIBRE

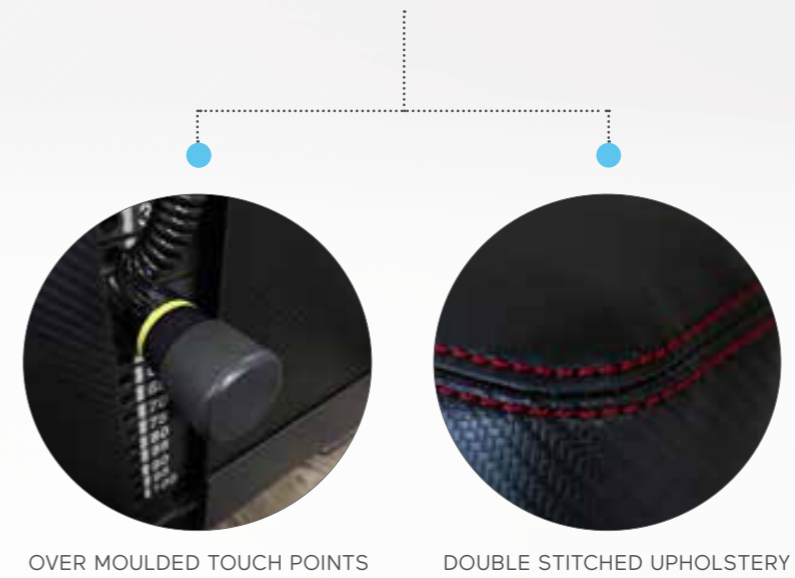
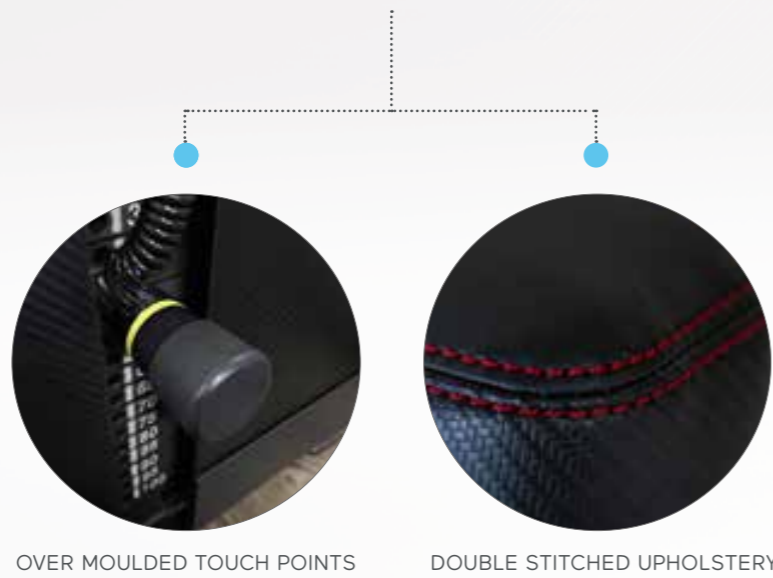
BLACK WITH RED DOUBLE STITCHING
(Premium Option)

STRENGTH PREMIUM OPTIONS

DARK SILVER
ENLIGHTENING



CRYSTAL WHITE
ENLIGHTENING



STRENGTH FEATURES & SPEC

	310H	305H	314H	325H	382H	365H	370H	335H	447H	615H	560H	500H	505H	515H	530H	562H	571H	576H	600H	605H	380H	385H	311H	308H	449H	Independent Rear Deltoid/Pec Fly 317H	Independent Seated Lat Pulldown 383H	Leg Curl (Prone) 565H	Leg Raise 700H	
	Chest Press	Shoulder Press	Pec Deck	Assisted Chin & Dip	Seated Lat Pulldown	Arm Curl	Tricep Press	Lateral Deltoid	Seated Row	Trotary Torso	Leg Extension	Adductor	Abductor	Multi-Hip	Seated Calf	Seated Leg Curl	Glute	Seated Leg Press	Abdominal	Lower Back Extension	Lat Pulldown	Long Pull	Independent Chest Press	Independent Shoulder Press	Independent Seated Row	Independent Rear Deltoid/Pec Fly 317H	Independent Seated Lat Pulldown 383H	Leg Curl (Prone) 565H	Leg Raise 700H	
Product Features																														
Converging axis	■	■	-	-	■	-	-	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	■	-	■	-	-	
Adjustable hand grips	-	-	-	-	-	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Multiple grip positions	■	■	■	■	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	-	-	■	-	-	
Multiple start positions	■	-	■	-	-	-	-	-	-	-	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Single hand start position adjustment lever	-	-	-	-	-	-	-	-	-	-	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Counterbalance weight	-	■	-	-	-	■	-	■	-	-	■	-	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Variable resistance cam	-	-	■	-	-	■	■	-	-	■	■	■	-	-	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Seat with modular back supports	■	■	■	-	■	-	■	-	-	-	■	■	■	-	■	■	-	-	-	-	-	-	■	■	-	-	■	■	-	
Comfort contour seat	■	■	■	-	■	■	■	■	■	■	-	-	-	-	-	-	-	-	-	-	-	-	■	■	■	-	■	■	-	
Adjustable back support	■	■	■	-	■	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	-	-	■	-	-	
Single hand swing-away seat	■	■	■	-	■	-	■	-	■	-	-	-	-	-	-	-	-	-	-	-	-	-	■	■	■	■	■	■	-	
Gas-assisted seat position adjustment	■	■	■	-	■	■	■	■	■	■	■	-	-	-	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Dual footrests	-	-	-	-	-	-	-	-	-	-	-	■	■	-	-	-	-	-	-	-	-	-	■	■	■	■	■	■	■	
Variable height pivotal pulley	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	
100kg weight stack*	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
200kg weight stack*	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	-	-	-	-	-	-	-	-	-	-	-	
2.5kg weight increments	■	■	■	-	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
5kg weight increments	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	■	-	-	-	-	-	-	-	-	-	-	-	
Raised iconography on key adjustments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Colour-coded adjustments	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	○	
Large, easy-grip weight selector pin	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Easy-read instruction placards	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Neoprene handles with aluminium rings	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Low profile design	■	■	■	-	-	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Fully enclosed weight stack	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Steel-reinforced belt and pulley system	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Anti-slip belt clamp(s)	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
Floor fixing points	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
IFI Stage 2 accredited	○	○	○	-	-	-	-	-	○	-	○	○	○	-	-	○	-	○	-	-	-	-	○	○	○	-	-	○	-	
Options																														
Pulsemove Professional compatible	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Pulsemove Tracker compatible	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	■	
7" High contrast colour display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Optimal workout tempo monitor	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Range of motion monitor	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Rep. counter with target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Set counter with target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Automatic weight display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Weight target display	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Adjustable rest period	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	
Dimensions																														
Length (cm)	159	154.5	144.5	126	159	136	140	126.5	166	133	126.5	155	155	116	129	109	130	210	123.7	123.7	145	214	159	154.5	166		159	147.4	163.1	
Width (cm)	142.5	142	140	136	142.5	99	155	103	119	148	103	94.2	94.2	117	107	96	98	105	103.8	97	97	97	142.5	142	119		142.5	96.5	76.9	
Height (cm)	182	150	181.5	211	182	150	150	150	172	208	150	150	150	166	150	150	158	180	150	150	230	192	182	150	172		182	134.5	156.1	
Weight (kg)	300	306	300	291	300	246	286	250	296	266	286	251	251	320	280	295	260	486	266	266	295	307	300	306	296		300	285	70	

■ Standard ○ Option *Alternative weight stacks are available upon request



DUAL STRENGTH RANGE

Versatile and adaptive, the range of dual-function Pulse Fitness strength machines provide both an ultra-smooth workout and are easy to use whilst being bio-mechanically efficient.



FULL AND NATURAL RANGE OF MOTION

All machines within the range have a full and natural range of motion, which increases flexibility and enhances the muscle's ability to perform. The user can choose between multiple starting position, allowing for a wide range of both toning and bodybuilding workouts to be undertaken. The hand-grips have been positioned to ensure a neutral wrist position to facilitate less stress on the user's wrist, which in turn allows for a more comfortable, and a safer work-out.



PERSONAL STORAGE

At the top of the weight stack tower, there is provision for a user's personal storage. The storage dish and bucket with anti-slip material has ample storage space for items such as mobile phones, keys and water bottle to be securely stowed away during workout.



SIMPLE AND EASY TO ADJUST

The Dual strength range is fully adjustable allowing a user to correctly and easily adjust the machine to suit their exercise needs. All adjustments are simple and easy to make from the exercise position via an easy-grip, pull spring-loaded, lock-pin. All positions are clearly indexed to ensure that their body is appropriately aligned for a comfortable exercise position.



UNSURPASSED BRITISH ENGINEERING

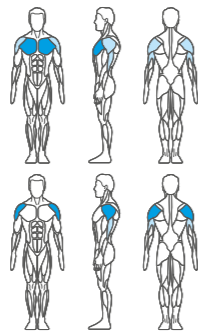
Pulse Fitness strength products are renowned for their smoothness of operation. This results from our precision-engineered transmission system and weight stack tower assembly, which reduces the coefficient of friction and significantly cuts maintenance costs. The Dual Strength stations provide users with a low starting weight and yet still have the capacity of a full weight plate range.



300H Chest Press/Shoulder Press

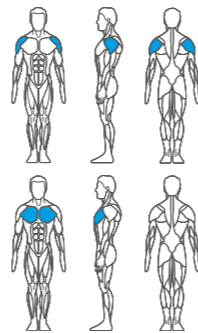
The versatile and adaptive, dual-function Chest Press/Shoulder Press (300H) is both ultra smooth and easy to use whilst being bio-mechanically efficient. The counterbalanced handlebars allow the user to start an exercise with a small weight, and a simple adjustment allows the user to target specific parts of the chest and shoulder girdle, whilst ensuring support for the spine throughout.

The converging-axis motion of the handlebars mirrors the body's natural 3-Dimensional movement, leading to a smooth exercise motion and providing maximum training effect in the most efficient manner possible.



315H Rear Deltoid/Pec Fly

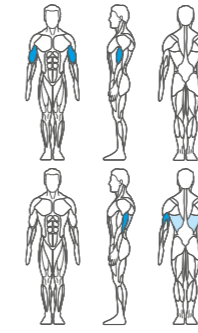
The versatile and adaptive, Pulse Fitness dual-function Rear Deltoid / Pec Fly is both ultra smooth and easy to use whilst being bio-mechanically efficient. The uniquely designed articulating handlebars allow the user to start an exercise with a small weight, and a simple adjustment allows the user to target specific parts of the shoulders, pectorals and rear deltoid muscles, whilst ensuring support for the spine throughout. For safety there is a protective head pad. The independent motion of the handlebars, mirrors the body's natural movement leading to a smooth, exercise motion and providing maximum training effect in the most efficient manner possible.



360H Arm Curl/Tricep Extension

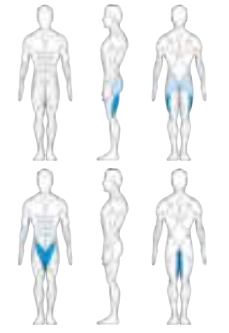
The versatile and adaptive, Pulse Fitness dual-function Arm Curl / Tricep Extension is both ultra smooth and easy to use, whilst being bio-mechanically efficient.

Multiple starting positions for both the arm curl and tricep extensions allow users to choose the range of motion best suited to their individual needs. The arm pad angle isolates the muscle and delivers an exacting workout that provides comfort and support throughout the entire range of motion.



495H Abductor/Adductor

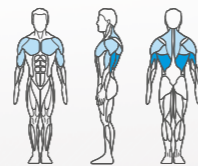
The versatile and adaptive, Pulse Fitness dual-function Abductor / Adductor is both ultra smooth and easy to use whilst being bio-mechanically efficient. Offering both abduction and adduction in one machine, it has the weight stack tower positioned in such a way that it serves as a privacy shield. Swiveling thigh pads are easily accessible from the seated-position and accommodate both inner and outer thigh exercises. Minimized knee stress results from using the thigh pads which also keeps knees centered onto the pad. A contoured seat back pad promotes optimal body support and stabilization.



320H Assisted Chin & Dip

The versatile and adaptive, Pulse Fitness dual-function Assisted Chin & Dip is ultra-smooth and quiet thanks to its precision polished guide rods and linear bearings, both easy to use whilst being bio-mechanically efficient. The counterbalanced, folding knee pad allows users both weight assisted and full body workouts.

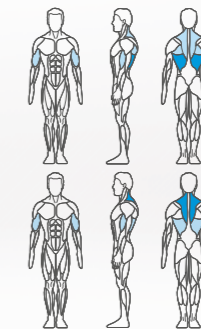
Repositionable dip handles allow focus on either wide and narrow dips. Whilst multiple pull-up handles are angled to reduce stress on the wrist. Dual height foot platforms have been positioned ideally for a user's safety and user convenience.



375H Lat Pulldown/Seated Row

The versatile and adaptive, dual-function Lat. Pulldown / Seated Row is both smooth and easy to use whilst being bio-mechanically efficient. The lat. Pulldown / seated row accommodates workouts that target the entire back and rear shoulder muscle groups.

The machines thigh pads adjust easily to accommodate users of varying heights. Angled dual foot platforms provide support and encourages correct alignment during the seated row exercise.

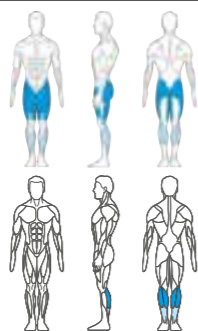




525H Squat/Standing Calf

The versatile and adaptive, Pulse Fitness dual-function Squat / Standing Calf is both ultra smooth and easy to use whilst being bio-mechanically efficient.

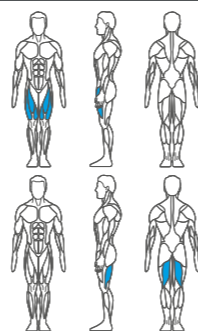
The counterbalanced handlebars allow the user to start an exercise with a small weight, leading to a smooth, natural exercise motion and providing maximum training effect in the most efficient manner possible.



555H Leg Extension/Seated Leg Curl

The versatile and adaptive, Pulse Fitness dual-function Leg Extension / Seated Leg Curl is both smooth and easy to use whilst being bio-mechanically efficient. Adjustments can be made from the seated position.

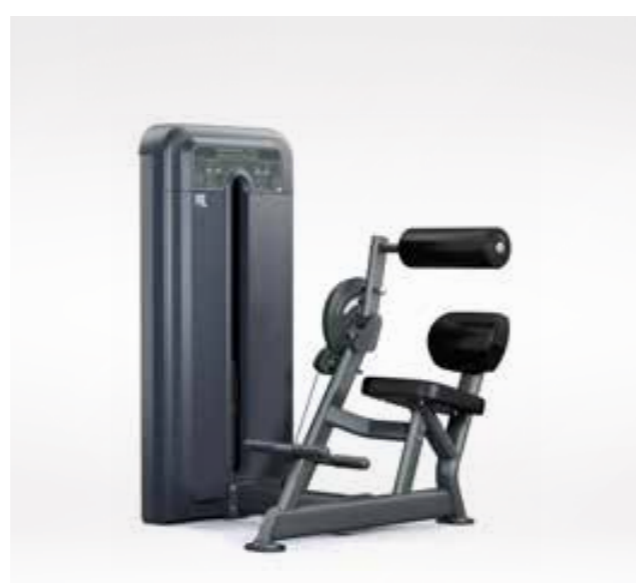
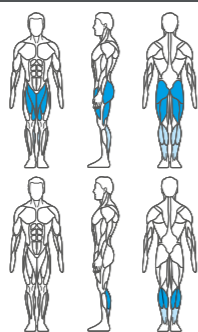
The ratcheting seat back pad, is angled to relieve tension in the users hamstrings. Its handles hold a user in position during the exercise. An adjustable shin/ankle-roller pad is precisely fitted. Whilst use of the thigh-roller pad provides stabilisation and is instinctive for the user, allowing for a smooth and efficient workout for users of all sizes.



575H Recumbent Leg Press/Seated Calf

The versatile and adaptive, Pulse Fitness dual-function Recumbent Leg Press / Seated Calf is both smooth and easy to use whilst being bio-mechanically efficient.

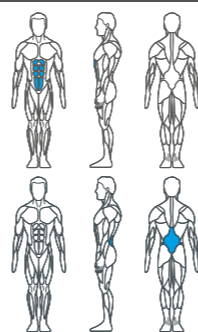
It has a 'walk-through' design and features an articulating foot platform that stays vertical to mimic a squat movement, allowing for full extension during calf workout. The ratcheting seat back pad provides the user with a more comfortable workout.



595H Abdominal/Lower Back Extension

The versatile and adaptive, Pulse Fitness dual-function Abdominal / Lower Back Extension is both smooth and easy to use whilst being bio-mechanically efficient.

The abdominal design has isolated the hip flexors, arms and shoulders out of the movement. The resulting exercise is completely focused on the abdominal muscles. The back extensions movement loads the spine from the shoulder level, promoting more complete involvement of the back extensors.



DUAL STRENGTH FEATURES & SPEC

	300H	315H	320H	360H	375H	495H	525H	555H	575H	595H
	Chest Press/Shoulder Press	Rear Deltoid/Pec Fly	Assisted Chin & Dip	Arm Curl/Tricep Extension	Lat Pulldown/Seated Row	Abductor/Adductor	Squat/Standing Calf	Leg Extension/Seated Leg Curl	Recumbent Leg Press/Seated Calf	Abdominal/Lower Back Extension
Dimensions										
Length (cm)	169	137	116.5	111.5	187.5	169	129.5	161	202.5	112
Width (cm)	131	151	154.5	131	121	131	115	133	115	125
Height (cm)	158	195	220	158	225	158	158	158	158	158
Weight										
Machine Weight (kg)	143	157	153	110	148	143	147	164	175	135
Weight stack plates - standard total weight (kg)	68	86	77	55	86	68	113	132	132	118
Max user weight (kg)	180	180	180	180	180	180	180	180	180	180
Structure										
Fully Enclosed Weight Stack	■	■	■	■	■	■	■	■	■	■
Frame Protection	■	■	■	■	■	■	■	■	■	■
Frame Colour Dark Silver	■	■	■	■	■	■	■	■	■	■
Operation										
Magnetic & Tethered Weight Stack Pin	■	■	■	■	■	■	■	■	■	■
Variable Increment Weight Plates	■	■	■	■	■	■	■	■	■	■
Guide Rods	■	■	■	■	■	■	■	■	■	■
Rubber Bumper Damping System	■	■	■	■	■	■	■	■	■	■
Variable Resistance Cam	-	-	-	-	-	-	-	■	-	■
Variable Height Pivotal Pulley	-	-	-	-	■	-	-	-	-	-
Slip Resistant Hand-grips	■	■	■	■	-	■	■	■	■	■
Adjustments										
Seat	-	-	-	-	-	-	-	-	-	■
Lever	-	-	-	-	-	-	■	-	-	-
Footbar and Lever	-	-	-	-	-	■	-	-	-	-
Knee Pad and Lever	-	-	-	-	■	-	-	-	-	-
Seat and Lever	■	■	■	■	-	-	-	■	■	-
Multiple Start Positions	■	■	■	■	■	■	■	■	■	■
Multiple Grip Positions	■	■	■	-	■	-	-	-	-	-
Dip Handles	-	-	■	-	-	-	-	-	-	-
Seat Back Support	■	■	-	-	-	-	-	■	■	-
Instructions										
Graphic information panel	■	■	■	■	■	■	■	■	■	■
Comfort										
Support Pads	■	■	■	■	■	■	■	■	■	■
Personal Storage	■	■	■	■	■	■	■	■	■	■
Safety										
Moulded Rubber Foot Pads	■	■	■	■	■	■	■	■	■	■

■ Standard

