



# THE FREEWEIGHTS RANGE

FITNESS, FORM  
AND PURPOSE.



# FREWEIGHTS FEATURES



### SIMPLE SET UP

Single handed, visible adjustments and one seat position setting for the entire range ensure simplicity and minimal set-up time for the user.



### HARDWEARING UPHOLSTERY

Durable, puncture and wear resistant polyurethane upholstery to ensure robustness in your busy gym environment. All Pulse upholstery offers high resistance to abrasion, ageing, bacteria, disinfectant, mildew, oil and stain and is available in a great range of colours to complement any gym environment.



### ERGONOMIC DESIGN

All Pulse Freeweight equipment has been ergonomically designed to position the user in a safe, comfortable and optimised position to achieve maximum workout results.



### DURABILITY

Precision engineering coupled with the finest materials, Pulse equipment has been designed to last a lifetime. An easy to maintain product range boasting its intricate 3-step frame finish process for maximum surface resistance.



### INTEGRATED STORAGE

Multiple integrated steel bars allow for easy weight plate storage on the equipment itself.



### COMFORT & STABILITY

The ergonomic positioning of seat pads and support pads allows for enhanced stability and comfort during exercise, plus most Pulse machines feature anchor points to attach the machine to the floor safely and securely.



### MULTIPLE WORKOUT POSITION

Regardless of the size of user or the exercise position Pulse's Freeweight range features multi-position weight bar rests.



### MOBILITY

Pulse Freeweight benches feature integrated hand grip and castor wheels for enhanced mobility around the gym floor whether moved by the user or gym staff.





# FREWEIGHTS UPHOLSTERY OPTIONS



Pulse Fitness crafts the perfect machine whilst you design the style and finish; choose from a selection of modern, vibrant upholstery colours 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.

\*Optional upholstery colours are subject to extended lead times.



Reef



Coco



Sky



Rosso

Upholstery - Standard

**BLACK**

Upholstery - Optional

**COCO\***

**SKY\***

**REEF\***

**LEAF\***

**ROSSO\***

**CARBON FIBRE**

**BLACK WITH RED DOUBLE STITCHING**  
(Premium Option)





Olympic Plates sold separately

**820H Olympic Horizontal Bench Press (with disc storage)**

The classic bench press redefined. Ergonomically designed with both the user and the spotter in mind, the Olympic Horizontal Bench Press is one of the safest and most effective on the market.



Olympic Plates sold separately

**850H Olympic Vertical Bench Press (with disc storage)**

A perfect machine for a user and a spotter, the Olympic Vertical Bench Press ensures a safe and effective workout. Complete with elevated spotter's foot plates and safety drop out bars the user can be confident in their workout and achieving results.



Olympic Plates sold separately

**830H Olympic Incline Bench Press (with disc storage)**

As a variation on the standard bench press Pulse has developed the Olympic Incline Bench Press allowing the user to focus on a variety of muscles with the confidence of stability and safety as standard.



Olympic Plates sold separately

**860H Olympic Decline Bench Press (with disc storage)**

Used with the Pulse Olympic Weights and by encompassing the decline position with the intensity of the bench press, the Olympic Decline Bench Press will guarantee a workout to remember.





Olympic Plates sold separately

**863H Olympic Multi Rack (with disc storage)**

The Olympic Multi Squat Rack provides one multi-use weight lifting centre. Combined with the Adjustable Incline Bench, this rack can be used to replicate any workout and the adjustable safety drop-outs ensure safety is paramount.



Olympic Plates sold separately

**875H Counterbalanced Smith Machine (Including Bench)**

The Counterbalanced Smith Machine comes as standard with an Adjustable Incline Bench, to enable the user to perform a wide range of exercises. The Olympic weight plates are mounted on sleeves, to ensure an exceptionally smooth gliding action (even under heavy loading) and the powerlifting bar is counterbalanced to accommodate deconditioned users.



**650H Adjustable Abdominal Decline Bench**

For an intense workout for the abdominal area the Adjustable Abdominal Decline Bench is perfect. Used in conjunction with the Pulse range of Freeweights, the weight training targets of any user can be reached quickly and safely.



**665H Lower Back Extension Bench**

Targeting the lower back has always been a tricky exercise but Pulse's Lower Back Extension Bench has been anthropometrically and ergonomically designed to provide a position to really target the muscles concerned.



**730H Horizontal Bench**

The Horizontal bench is ergonomically engineered to provide the optimal height and width to accommodate all sizes of user and all forms of bench based exercises.



**751H Adjustable Incline Bench**

The Adjustable Incline Bench is perfectly adaptable to any exercise using the whole range of Freeweight options and equipment. Adjustability and inclusiveness is key with this bench using a gas assisted, one-handed adjustment system.



Olympic Plates sold separately

**785H Preacher Curl Bench**

The Preacher Curl Bench is ergonomically designed with an adjustable 'inclusive' seat, providing comfort and stability.



**800H Vertical Bench**

The Vertical Bench has been designed to accommodate all sizes and weights of user whilst providing a stable and safe bench, capable of withstanding the rigours of everyday use.

