

S3.15

The S3.15 is a single stack gym with more than 25 versatile exercises for full-body, strength building workouts.

Features	<ul style="list-style-type: none"> Versatile design allows the leg press and/or multi-hip options to be attached on either side, optimizing available floor space in the home Multi-directional press arm allows you to perform unique pressing exercises and pec fly movements with the path of motion you determine Inward motion movement improves the chest and shoulders range of motion while automatically producing 25% more resistance through an increased range of motion Pectoral fly motion replicates the dumbbell fly with one additional feature – consistent resistance throughout the entire movement Straight forward press motion simulates the standard chest press for overall pectoral development Tricep press is performed by gripping the vertical handles together in front of your chest and maintaining a closed grip throughout the pressing movement Thigh hold down pads are built into the seat Comfortable and adjustable seats
Resistance	<ul style="list-style-type: none"> Stack weight – standard stack 150 lbs (68 kg) and optional heavy weight stack is 200 lbs (91kg)
Frame	<ul style="list-style-type: none"> Height: 6 ft 10 in (208 cm) 2 in. x 2 in. x .1 in (51 mm x 51 mm x 3 mm) wall 2 in. x 3 in. x .1 in (51 mm x 76 mm x 3 mm) wall tubing Robot and electric welded construction and electrostatic powder-coating for added durability.
Seat	<ul style="list-style-type: none"> Comfortable, ergonomically correct seat fits a wide range of body types Black stitched vinyl over foam
Pulleys	<ul style="list-style-type: none"> Nylon/Fiberglass pulleys for added durability ABEC rated ball bearings for added durability and smooth feel Cables - 1/8 inch military spec cables with nylon sheath. Tested to 2,000 lbs (909kg) tensile strength with swiveling cable ends.
Other Features	<ul style="list-style-type: none"> Chest supported seated row Mid Pulley/Ab strap Freedom press Optional leg press Optional multi-hip / glute attachment Optional heavy weight stack
Warranty	Lifetime frame and welds, 10 years parts and wear items, 1 year labor

<ul style="list-style-type: none"> Accessories Stack Stack Weight 	<p>Straight bar, ankle strap, ab/tricep strap, lat bar, exercise wall chart</p> <p>Single</p> <p>150 lbs. (68 kg)</p>	<ul style="list-style-type: none"> Pulleys Ball bearings Frame Finish Top plate 	<p>Nylon/fiberglass pulleys</p> <p>ABEC rated ball bearings</p> <p>Electrostatic powder-coating</p> <p>Cast Iron, 10 lbs (4 kg) starting resistance</p>
<ul style="list-style-type: none"> Heavy Stack Option Product Height Upholstery Guide rods Cables 	<p>200 lbs (91 kg)</p> <p>6 ft 11 in (208 cm)</p> <p>Black stitched vinyl over foam</p> <p>Free-floating</p> <p>1/8 inch military spec cables with nylon sheath. 2,000 lbs. (907kg) tensile strength with swiveling cable ends.</p>	<ul style="list-style-type: none"> Foot Print 	<p>3 ft. 4 in. x 5 ft. 11 in. (102 cm x 180 cm)</p> <p>4 ft. 5 in. x 5 ft. 11 in. (135 cm x 180 cm) w/multi-hip</p> <p>6 ft. 5 in. x 5 ft. 11 in. (196 cm x 180 cm) w/leg press</p> <p>6 ft. 8 in. x 5 ft. 11 in. (203 cm x 180 cm) w/leg press and multi-hip</p>