

S3.19

The S3.19 is a single stack home gym with more than 25 fixed-path exercises for traditional strength building workouts, combined with a single high-low pulley tower for numerous additional full-body functional training exercises

Features	<ul style="list-style-type: none"> • Single high-low pulley tower allows you to perform a full array of functional training exercises to build strength and improve balance, stability and coordination • Leg extension platform is equipped with an adjustable three-roller system that provides both comfort and support for optimal leg curl and leg extension positioning. • 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 • Comfortable and adjustable seat and seat back
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 11 in (211 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"> • High-low pulley tower • Seated leg curl/leg extension • Chest supported seated row • Mid Pulley/Ab strap • Freedom press • Optional leg press • Optional heavy weight stack
Warranty	Lifetime frame and welds, 10 years parts and wear items, 1 year labor

• Accessories	Straight bar, lat bar, ankle strap, ab/tricep strap, exercise wall chart	• Pulleys	Nylon/fiberglass pulleys
• Stack	Single	• Ball Bearings	ABEC rated ball bearings
• Stack Weight	150 lbs. (68 kg)	• Frame Finish	Electrostatic powder-coating
• Heavy Stack Option	200 lbs (91kg)	• Top Plate	Cast Iron, 10 lbs (4 kg) starting resistance
• Product Height	6 ft 11 in (208 cm)	• Minimum Space Requirements	6ft x 7ft (183cm x 213cm) 10ft x 7ft (305cm x 213cm) w/ optional leg press
• Upholstery	Black stitched vinyl over foam		
• Guide Rods	Free-floating		
• Cables	1/8 inch military spec cables with nylon sheath. 2,000 lbs. (907kg) tensile strength with swiveling cable ends.		