

# MP 3.0 3 WEIGHT STACK/ 4 STATION GYM



Offering premium styling and optimum function, the MP Series represents the best value-priced two, three, and four stack multi-purpose units on the market today. With commercial quality construction and proper biomechanics, MP is the perfect choice for hotels and resorts, corporate fitness centers, police and fire agencies, apartment and condominium complexes.

## LEG EXTENSION/ LEG CURL

- Four starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs
- 5-position back pad and leg curl thigh pad accommodate a wide range of users
- Self-adjusting ankle pad eliminates need for adjustment while providing proper support throughout entire range of motion

## LOW SWIVEL PULLEY

- Ideal for wide range of exercises including biceps curl, upright rows, inner thigh, and outer thigh

## ADJUSTABLE CABLE COLUMN

- Dual pulleys pivot freely allowing user defined movements
- Unilateral cable design accommodates both fitness and athletic style movements with up to 12' / 366 cm of cable travel with one arm and 6' / 183 cm of cable travel with both arm

## SPECIFICATIONS

### DIMENSIONS (L x W x H)

In use: 96" x 163" x 84" / 244 cm x 415 cm x 213 cm

Physical: 83" x 87" x 84" / 211 cm x 221 cm x 213 cm

### PRODUCT WEIGHT

1104 lbs / 500 kgs: includes 3 x 170 lbs / 77 kgs weight stacks

1184 lbs / 537 kgs: includes 2 x 170 lbs / 77 kgs weight stacks and 1 x 250 lbs / 114 kgs weight stack

1264 lbs / 573 kgs: includes 1 x 170 lbs / 77 kgs weight stack and 2 x 250 lbs / 114 kgs weight stacks

1344 lbs / 610 kgs: includes 3 x 250 lbs / 114 kgs weight stacks

### COLOR

Silver powder coat finish. Textured Grey upholstery.

## UPPER BODY

- Exercise choices include chest, incline, and shoulder presses; lat pulldown and seated row; triceps pushdown and extension; and abdominal crunch
- 8-position press arm and adjustable back pad are color coded for quick and accurate adjustment
- 5-position seat to accommodate wide range of users
- Mid-level pulley includes contoured multi-purpose strap for abdominal and triceps exercises

