

HIPOWER
EH



SERIES

reset your
strength concept



challenge your limits



BH
BHTRIATHLON.COM

Official Sponsor of the of Olympic Distance, Ironman &
Long Distance BH Teams.
www.bhtriathlon.com



index

Page

The Green Company, our commitment to the environment	4
Innovation and development: perfect biomechanics	6
Solar technology in strength equipment. Zero power consumption	8
Features and specifications	10

strength. upper body

Biceps & Triceps	L130	<i>Biceps Curl</i>	14
	L150	<i>Seated dip</i>	14
	L160	<i>Horizontal triceps</i>	15
Lats	L110	<i>Lat Pulley</i>	15
	L290	<i>Seated row</i>	16
	L450	<i>Assisted kneeling dip</i>	16
	L550	<i>Lat pull</i>	17
Shoulders	L090	<i>Shoulder press</i>	17
	L490	<i>Deltoid raise</i>	18
Chest	L070	<i>Seated chest press</i>	18
	L270	<i>Butterfly</i>	19
	L410	<i>Rear deltoid</i>	19

strength. torso

L310	<i>Abdominal</i>	22
L430	<i>Rotary torso</i>	23
L510	<i>Lower back</i>	23

strength. lower body

Hip & Gluteous	L250	<i>Abduction and adduction</i>	26
	L330	<i>Gluteous kneeling</i>	26
	L340	<i>Total hip</i>	27
Quadriceps	L010	<i>Leg extension</i>	27
Femoral & Calf	L030	<i>Lying leg curl</i>	28
	L170	<i>Seated leg curl</i>	28
	L210	<i>Seated calf</i>	29
Leg	L050	<i>Leg press</i>	29

strength. benches & multifunctional

L530	<i>Ergolina</i>	32
L800	<i>Abdominal flexor bench</i>	33
L805	<i>40° Incline bench</i>	33
L810	<i>Flat bench</i>	34
L815	<i>Press bench</i>	34
L820	<i>Incline bench</i>	35
L825	<i>Multi position bench</i>	35
L830	<i>Seated scott curl</i>	36
L835	<i>Crunch bench</i>	36

Technical specifications	37
We design your gym	40
After-sales service and support	42

The Green Company, our commitment to the environment

- The temperature of the planet's surface has increased 0.74 °C (33 °F) in the last century.
- The sea level rose between 10 and 20 cm during the 20th century.
- 13 million hectares of forests have been lost annually between 2000 and 2010.
- The Arctic surface has decreased by 42% in thickness in the last 20 years.
- By the end of the century the sea level will have increased at least in 50 cm.
- Exercycle S.L. is the first Spanish fitness company to achieve the ISO 14001 certification, one of the most recognised environmental management systems in the world.
- Exercycle S.L. is the first fitness company in the world to develop and launch systems that allow you to enjoy the latest technology in fitness equipment (like integrated TV or strength equipment with electronic monitor) with 0 electricity consumption and the first one to have treadmills with Eco-Mode function, which allows a reduction of 25% on the real power consumption.



Quality and environmental commitment

Once again we have proved our commitment to preserving the environment by virtue of our recent certification to the ISO 14001 standard, one of the most recognised environmental management systems in the world. This certificate is added to our ISO 9001 quality certificate, obtained more than 6 years ago, along with numerous eco-friendly practices and actions carried out in recent years.

For the environment and continuous improvement through sustainable growth and responsible use of natural resources.

Studied biomechanics

More than 25 years of experience in the design, development and research in the field of biomechanics applied to the strength equipment have contributed to continuous improvement in the manufacture of our strength equipment.

TR Series range has been designed taking into account the fundamental principles of mechanics, engineering, anatomy and physiology, to guarantee that every movement is smooth, natural and with full muscle concentration.

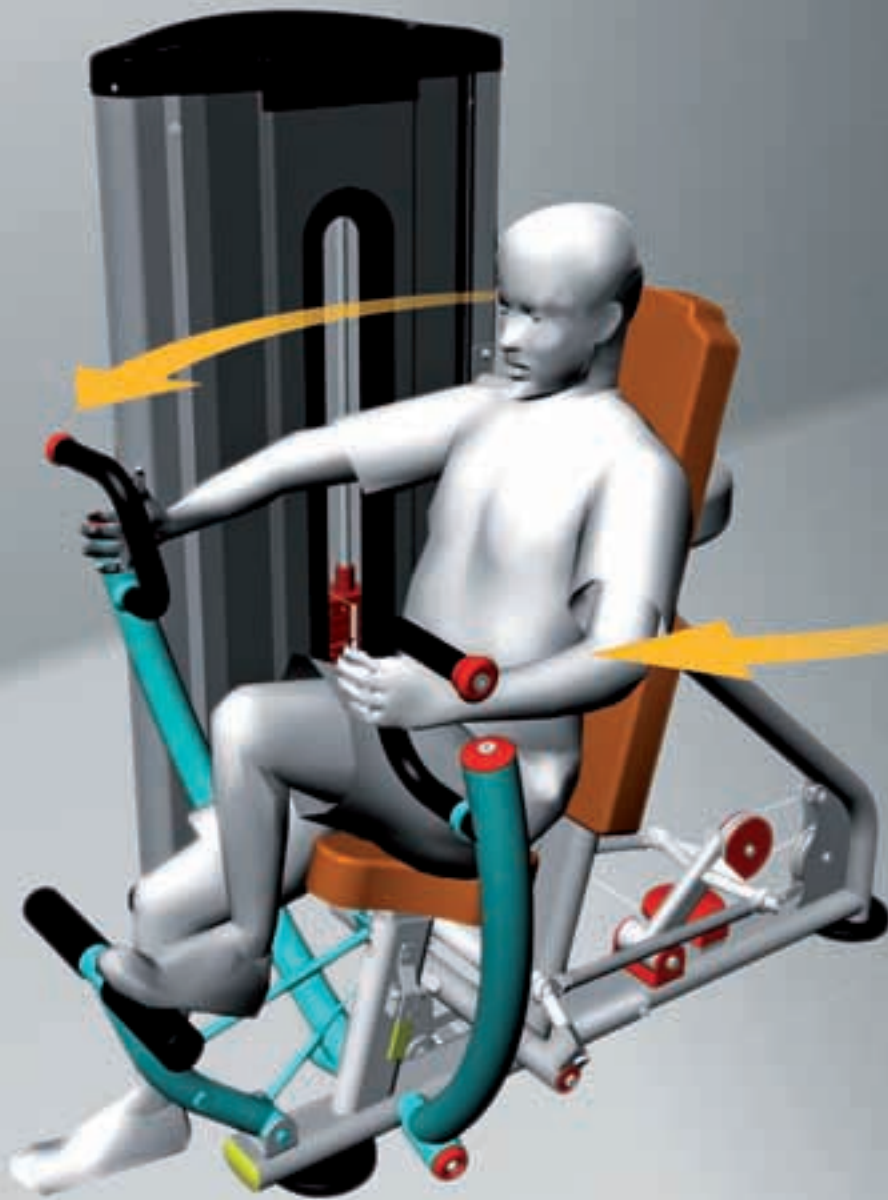
This results into thorough research of specific techniques for a better design of each equipment and the identification of the best practices, movements and postures that predispose to injury.

The interaction of the human body with each mechanical structure reproduces perfectly the natural movement of each agonist, antagonist or synergist muscle.

Performance, ergonomics and functionality joined a robust and stylish design. Reset your strength concept.



Detailed exercise biomechanics



Our engineering and biomechanics team has defined the perfect path of movement of each arm, ensuring uniform and synchronized resistance, with perfect biomechanics.

Photovoltaic technology in strength equipment in your gym

Now you have the choice of applying the latest technology to your TR Series strength equipment: zero power consumption on your electricity bill, minimise environmental impact and achieve complete freedom regarding the positioning and layout of the equipment in your gym.



Self-powered monitor!

Our monitors provide users with valuable information on the exercise and instructions on how to perform the reps correctly. And all this without being plugged into the mains supply, thanks to photovoltaic cells integrated into the weight stack allowing the machine to be completely self-powered.

1

Place the equipment wherever you want!

Thanks to its self-generating photovoltaic energy system it is no longer necessary to connect the monitor to a power outlet. Place the machines wherever you want, move them as many times as you like and forget about plugs, antenna sockets and cables!

Complete freedom within reach!

3

2



Zero power consumption!

Thanks to solar panels, the bodybuilding equipment includes a monitor capable of providing more useful information to the user without plugging into the mains supply.

Reduce your electricity bill to 0 and think green!



Our monitors provide useful information for the user:

didactic aim:

Help the users to check whether the rep was correctly done.

causes motivation:

It encourages the users to improve the exercise and their records every day.

helps to user loyalty:

The desire of self-improvement in repetitions, lifted weight or burned calories, promotes motivation and user loyalty to the center.

information provided:

- Right repetitions completed
- Percentage completed
- Range of exercises in each repetition
- Calories
- Total weight lifted
- Rest time between sessions





SERIES

Designed for making use easier to beginners and with the strength and power needed to meet the expectations of the most experienced users.

features and general specifications (*)



- **Visual level indicator of weight training in 3 colors depending on the level of charge: Light, medium y advanced (green, yellow and red).** Intuitive system that helps the user to quickly identify the load and the development or progression at the exercise.

- **Weight stack with weight indicators in kg and lbs.**

- **Magnetic weight plate selectors.** The magnets ensure that there is no possibility that the selector comes out during training. Some inexperienced users tend to knock the plates, which can cause the selector to come out in the middle of the training.



- **Mechanical seat adjustmen with numerical indication of the height position.** Makes possible the adaptation of the machine to all kind of users and helps them to adopt the correct posture during exercise.

- **Setting elements are bright contrasting yellow.** They provide a quick and easy visual identification of the selectors to be adjusted by any user, without help from the coach.

- **Three layer coating.** The design of this professional, up-to-date, stylish system is enhanced still further by its 3-layer coating comprising an initial anti-corrosion primer, for guaranteed durability, followed by an epoxy powder layer and finished with lacquer or vanish.



- **Non-absorbent and non-slip rubber grips.** Absorbs shocks and it's more resistant to breakage and microorganisms.

- **With position selectors of the angle of training of the arm.** It allows to regulate the most appropriate angle of training for each user, adapting the starting and/or ending position.

- **Reliable and durable design with optimized safety and comfort.** Designed under the highest biomechanical standards and based on thorough studies of the anatomy of each muscle and its behavior during exercise. It ensures a range of soft and progressive exercise and a natural, precise and fluid movement.



- **Front and rear fairings.** Provides greater security to the user during exercise, avoiding accidents while the plates are moving.

- **Ergonomic and injected core seat.** Unlike the classic foam padded particle boards, the injected core offers the advantage of uniformity. Designed for a full support of the lumbar area and ensure the user's the correct position during exercise.

- **Back rest inclination adjustment at different levels of inclination.** The user can easily train in the optimun position.



- **Counterbalanced arms.** Override the weight of the structure to be moved in order to lift only the selected weight plates.

- **Use of "cams" to produce even weight distribution.** The cam system used on this model keeps the power arm at a constant setting throughout the whole movement. This biomechanical improvement prevents overuse of the Golgi tendon organ which controls muscular tension.

- **4 mm thick ST-37 / 40 steel frame For guaranteed durability and high resistance 5 mm thick coated steel cable for a smooth, secure performance.**



- **Design with lower profile and solid outline.** For a more visually striking and elegant line.

- **Graphic information panel showing trained muscle groups and correct exercise position.** Located in a highly visible position, helps the user to identify the machine quickly and exercise correctly.

- **Structure raised 50 mm above floor level with rubber tipped feet.** This provides access for cleaning and vacuuming without scratching the paint. With adjustable stabilizers to fit each point of support to the irregularities of the floor.

(*) All selectorized stack machines are available in Basic and Solar models (with self-powered monitor trough photovoltaic panels).

TR SER

reset your strength



RIES

concept

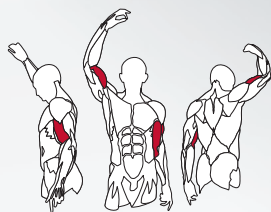


L130 *Biceps Curl*

specifications:

Length:	137 cm / 53.9"
Width:	117 cm / 46.1"
Height:	148.5 cm / 58.5"
Weight:	173 kg / 381 lbs
Weight stack:	68 kg / 150 lbs
Optional weight:	91 kg / 200 lbs

muscles: biceps



Multi position grip.

It rotates at a 90° angle to fully adapt to the user's height and starting position.



Adjustment of the angle of training in 3 different positions.

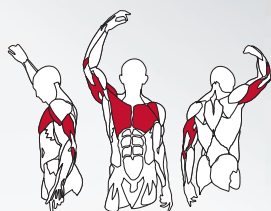
It adjust to each user's physical constitution.

L150 *Seated dip*

specifications:

Length:	164 cm / 64.5"
Width:	114 cm / 44.9"
Height:	148.5 cm / 58.5"
Weight:	221 kg / 487 lbs
Weight stack:	91 kg / 200 lbs

muscles: triceps, pectoral, deltoid



Double position rotary grips.

The 180° rotation angle can be adapted to user's width and physical constitution. Its narrowest position is more demanding with triceps and the broad one demands deltoid work.



Double roll at the height of the leg shin.

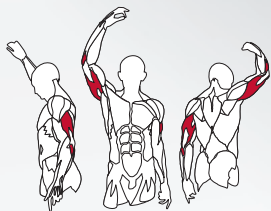
It fixes the user's position and prevents it from moving during the exercise.

L160 *Horizontal triceps*

specifications:

Length:	115 cm / 45"
Width:	113.8 cm / 44.8"
Height:	148.5 cm / 58.5"
Weight:	180 kg / 397 lbs
Weight stack:	68 kg / 150 lbs
Optional weight:	91 kg / 200 lbs

muscles: triceps



Use of "cams" to produce even weight distribution.

The cam system used on this model keeps the power arm at a constant setting throughout the whole movement. This biomechanical improvement prevents overuse of the Golgi tendon organ which controls muscular tension.



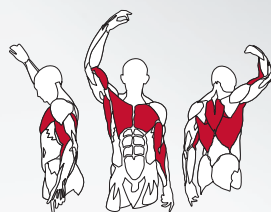
Adjustable feet with adjustable stabilizers.

L110 *Lat pulley*

specifications:

Length:	145 cm / 57.1"
Width:	127 cm / 50"
Height:	198 cm / 78"
Weight:	246 kg / 542 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles: dorsal, trapezius, rhomboid and pectoral



Double roll for abdominal support, adjustable in 5 different positions.

It adapts to each user's height and ensures the user's correct position at the start of each training.



Non-absorbent and non-slip rubber multi-position grips.

For an exercise adapted to the anatomical movement of all kind of users. More resistant to breakage and microorganisms.



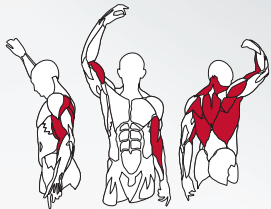
L290 Seated row

specifications:

Length:	158 cm / 62.2"
Width:	109 cm / 42.9"
Height:	148,5 cm / 58.5"
Weight:	201 kg / 443 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles:

lats, deltoid, trapezius, biceps



Rotary chest support, adjustable horizontally in 9 different positions.

Avoids frictions and provides maximum adaptability to the shape, height and physique of the user. Allows a total adjustment.



360° free multigrips.

For a more natural exercise, adapted to the anatomical movement of the arms of each particular user, whilst maintaining control. Controlled mobility.

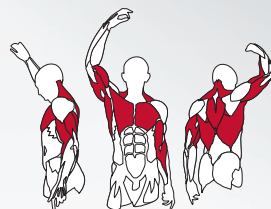
L450 Assisted kneeling dip

specifications:

Length:	122 cm / 48"
Width:	136 cm / 53.5"
Height:	220 cm / 86.6"
Weight:	236 kg / 520 lbs
Weight stack:	91 kg / 200 lbs

muscles:

biceps, triceps, pectoral, lats, trapezius, rhomboid



Double height footrest platform.

Facilitates access to users of any height.



Leg care support.

Fixes user's position and makes the exercise easier.

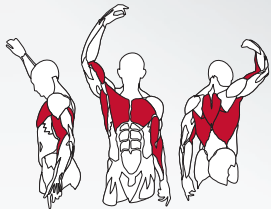
L550 Lat pull

specifications:

Length:	122 cm / 48"
Width:	185 cm / 72.8"
Height:	220 cm / 86.6"
Weight:	232 kg / 511 lbs
Weight stack:	125 kg / 275 lbs

muscles:

lats trapezius, biceps, pectoral



Possibility of performing a double exercise: lat pull and rower.



Double roll up for leg support adjustable in 10 positions.

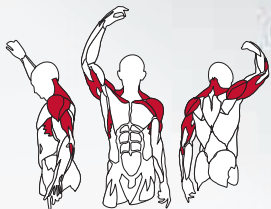
It fixes the user's position and prevents it from moving during the exercise.

L090 Shoulder press

specifications:

Length:	194 cm / 76"
Width:	147 cm / 57.9"
Height:	148.5 cm / 58.5"
Weight:	243 kg / 536 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles: deltoid, triceps, trapezius



Foot pedal load release.

To facilitate the start and end of training, avoiding hyperextensions or needless overextension. Provides a correct posture and allows full control of the movement.



Counterbalanced arms.

Override the weight of the structure to be moved in order to lift only the selected weight plates.

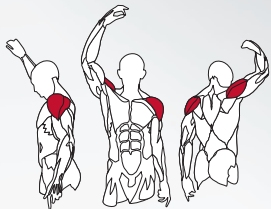


L490 *Deltoid raise*

specifications:

Length:	119.5 cm / 47"
Width:	94 cm / 37"
Height:	148.5 cm / 58.5"
Weight:	194 kg / 428 lbs
Weight stack:	91 kg / 200 lbs

muscles: deltoid



Side rolls for shoulder support.

Avoids friction and provides maximum adaptability to the shape, height and physique of the user. Allows a total adjustment.



Adjustable seat height.

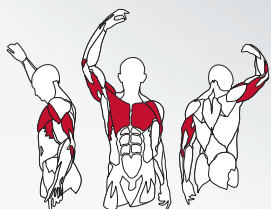
It makes easier the adaptation to all kind of users.

L070 *Seated chest press*

specifications:

Length:	148 cm / 58.3"
Width:	133 cm / 52.4"
Height:	148.5 cm / 58.5"
Weight:	219 kg / 483 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles: pectoral, triceps



Foot pedal load release.

To facilitate the start and end of training, avoiding hyperextensions or needless overextension. Provides a correct posture and allows full control of the movement.



Multiposition grips.

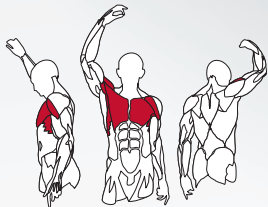
Adjustable to user's height and natural position.

L270 Butterfly

specifications:

Length:	109 cm / 42.9"
Width:	153 cm / 60.2"
Height:	148.5 cm / 58.5"
Weight:	231 kg / 509 lbs
Weight stack:	91 kg / 200 lbs

muscles: pectoral



Foot pedal load release.

To facilitate the start and end of training, avoiding hyperextensions or needless overextension. Provides a correct posture and allows full control of the movement.



Independent arms.

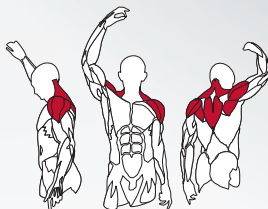
Offers a greater variety of exercises to work the arms independently.

L410 Rear deltoid

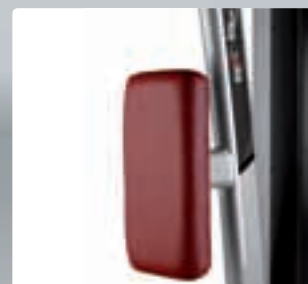
specifications:

Length:	166 cm / 65.4"
Width:	129 cm / 50.8"
Height:	200 cm / 78.7"
Weight:	229 kg / 505 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles: deltoid, triceps, rhomboid



Possibility of performing a double exercise: deltoids and butterfly.



Chest support.

It fixes user's position and makes easier the exercise.





SEAR

refined outlines



RIES



L310 Abdominal

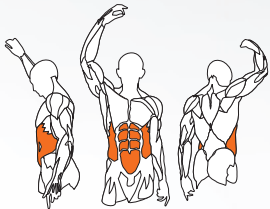
L430 Rotary torso



specifications:

Length:	136 cm / 53.5"
Width:	105 cm / 41.3"
Height:	148.5 cm / 58.5"
Weight:	216 kg / 476 lbs
Weight stack:	91 kg / 200 lbs

muscles: abdominals



Double Roll V-shaped pad.

Provides support and holds shoulders firmly. Additionally, the lumbar support ensures the correct position at the start and the end of the exercise.



Double rubber feet support.

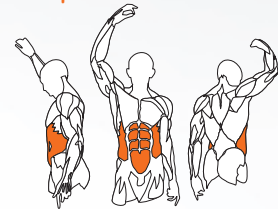
It fits to the height and natural posture adopted by each user.



specifications:

Length:	118 cm / 46.5"
Width:	121 cm / 47.6"
Height:	148.5 cm / 58.5"
Weight:	232 kg / 511 lbs
Weight stack:	68 kg / 150 lbs
Optional weight:	91 kg / 200 lbs

muscles: largest abdominal and obliquous



L510

Lower back



Movement pattern specially designed to reinforce the work

of both largest and obliquous abdominal muscles.



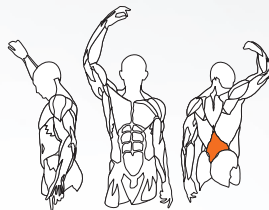
Double side handles.

Acts as a support for users, helping to fix the posture during the exercise.

specifications:

Length:	118.5 cm / 46.7"
Width:	98.3 cm / 38.7"
Height:	148.5 cm / 58.5"
Weight:	199 kg / 434 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles:
lower back



Double side handles.

Acts as a support for users, helping to fix the posture during the exercise.



Use of "cams" to produce even weight distribution.

The cam system used on this model keeps the power arm at a constant setting throughout the whole movement. This biomechanical improvement prevents overuse of the Golgi tendon organ which controls muscular tension.



smart and solid

TR *SE*

50
LBS

65
LBS

80
LBS

95
LBS

110
LBS

125
LBS

140
LBS

155
LBS

170
LBS

185



4

5

6

7

RIES

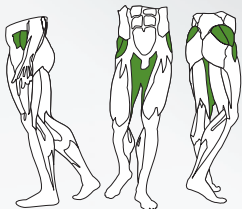
L250 Abduction and adduction

specifications:

Length:	80,5 cm / 31.7"
Width:	173 cm / 68.1"
Height:	148,5 cm / 58.5"
Weight:	197 kg / 434 lbs
Weight stack:	68 kg / 150 lbs

muscles:

abduction (medial and minor gluteous) and adduction



Posibility of performing a double exercise: this machine develops abduction and adduction muscles. The pads allow 360° free hold.



Angle selector with 7 different positions for each leg.

Allows to choose the starting position and to choose either abduction or adduction exercise, doing wider or shorter routes with each leg.

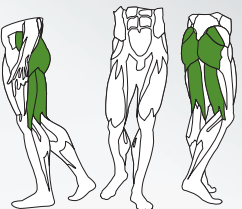
L330 Gluteous kneeling

specifications:

Length:	107 cm / 42"
Width:	105,3 cm / 41.5"
Height:	148,5 cm / 58.5"
Weight:	192 kg / 423 lbs
Weight stack:	91 kg / 200 lbs

muscles:

gluteous, ischiotibial



Non-absorbent and non-slip rubber grips.

Absorbs shocks and it's more resistant to breakage and microorganisms.



Non-slip rubber platform to support the user's feet.

Prevents the foot from slipping or sliding, thus preventing injury.

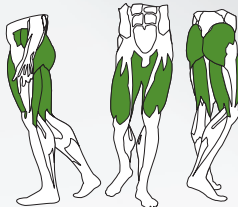
L340 Total hip

specifications:

Length:	100 cm / 39.4"
Width:	129 cm / 50.8"
Height:	148.5 cm / 58.5"
Weight:	256 kg / 564 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles:

gluteous, quadriceps, adduction, abduction, ischiotibial



The training arm is adjustable to a 180° range of movement.

With 11 different working positions that make possible perform different kind of exercises.



Support platform with height adjustment.

A pull knob and a handle holding at the platform help the user to get the ideal height in order to align the hip with the rotation axis.

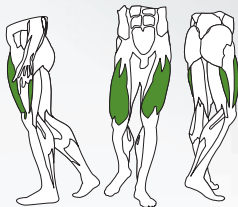
L010 Leg extension

specifications:

Length:	142 cm / 55.9"
Width:	113 cm / 44.5"
Height:	148.5 cm / 58.5"
Weight:	220 kg / 485 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles:

quadriceps



Back rest inclination adjustment at 3 different levels of inclination.

The user is easily placed in the optimum position.



Training angle adjustable to each user's physical constitution.



Roll adjustable in 4 different positions.

Makes possible a full adaptation to the user's height and physical constitution.



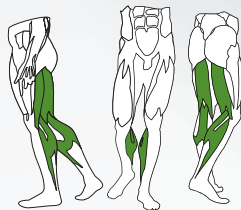
L030 *Lying leg curl*

specifications:

Length:	178,7 cm / 70.4"
Width:	113,6 cm / 44.8"
Height:	148,5 cm / 58.5"
Weight:	222 kg / 489 lbs
Weight stack:	91 kg / 200 lbs

muscles:

ischiotibial, calf



Side rolls to support the shoulders.

It avoids friction and provides a full adaptability to the user's shape, height and complexion. Total adjustment.



Training angle adjustable to each user's physical constitution.

Roll with 4 different positions. To achieve a full adjustment to user's height and physical constitution.

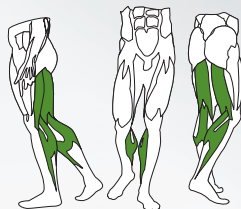
L170 *Seated leg curl*

specifications:

Length:	174.4 cm / 68.7"
Width:	112.7 cm / 44.1"
Height:	148.5 cm / 58.5"
Weight:	224 kg / 494 lbs
Weight stack:	91 kg / 200 lbs

muscles:

ischiotibial, calf



Training angle adjustable in 4 different positions.

To each user's physical constitution.



Low roll with 4 different positions.

To achieve a full adjustment to user's height and physical constitution.



Back rest inclination adjustment at different levels of inclination.

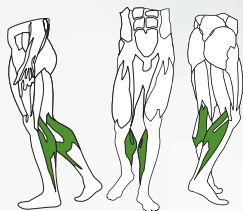
The user is easily placed in the optimum position.

L210 Seated calf

specifications:

Length:	164.8 cm / 64.9"
Width:	112.5 cm / 44.3"
Height:	148.5 cm / 58.5"
Weight:	213 kg / 470 lbs
Weight stack:	91 kg / 200 lbs

muscles: calf



Back rest length adjustment.

Makes possible the adaptation of the machine to all kind of users.



Side grips.

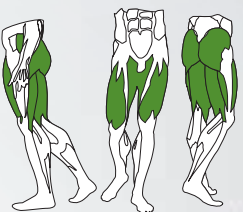
As support and fixing points for the user.

L050 Leg press

specifications:

Length:	206 cm / 81.1"
Width:	112 cm / 44.1"
Height:	148.5 cm / 58.5"
Weight:	298 kg / 657 lbs
Weight stack:	136 kg / 300 lbs

muscles: gluteous, ischiotibial, quadriceps



Back rest inclination adjustment at different levels of inclination.

The user is easily placed in the optimum position.



Oversized and non-slip rubber platform to support the user's feet.

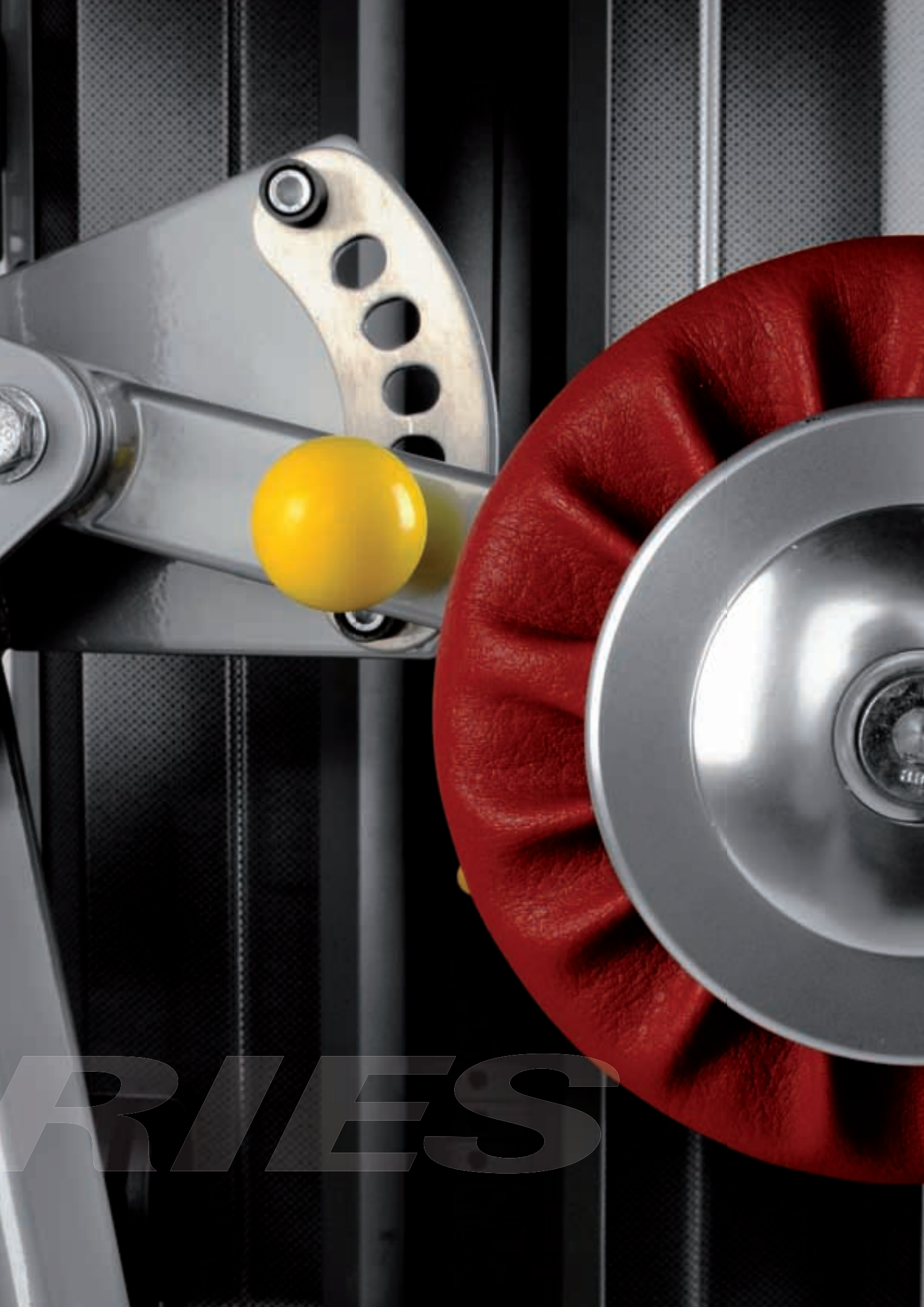


A close-up, black and white photograph of a metal mechanical component. The image shows a cylindrical metal tube on the left, which is joined to a flat metal plate on the right by a prominent weld. A bolt is visible on the flat plate. The background is dark and out of focus.

**easy and
intuitive training**

TR

SE



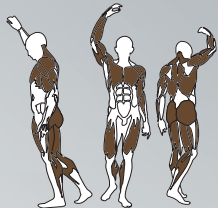
RIES

L530 Ergolina

specifications:

Length:	138.5 cm / 54.6"
Width:	89.1 cm / 35"
Height:	224.7 cm / 88.5"
Weight:	184 kg / 405 lbs
Weight stack:	91 kg / 200 lbs
Optional weight:	125 kg / 275 lbs

muscles:
Upper body and lower body



Different training heights, that enable the performance of a wide variety of exercises, both for the upper body and the lower body.

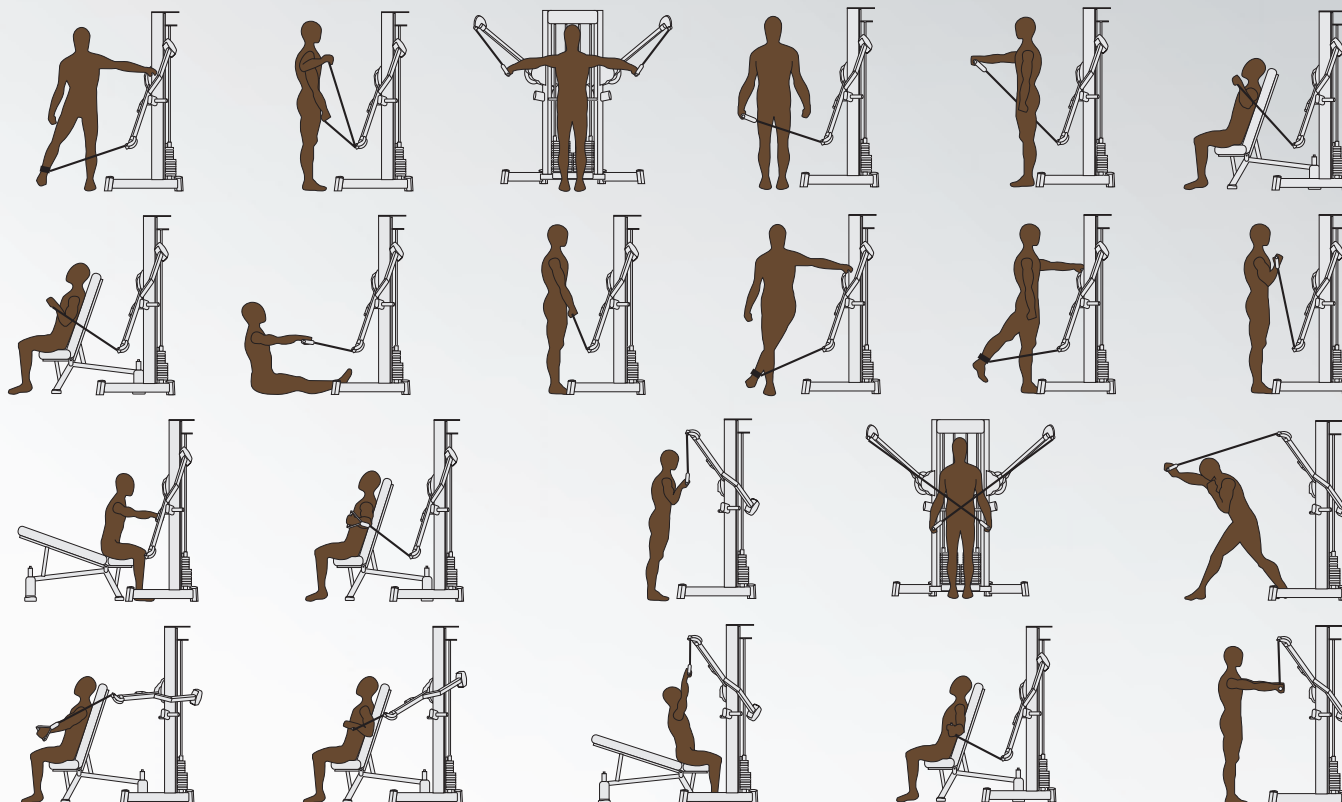


Structure raised 50 mm above floor level with rubber tipped feet.

This provides access for cleaning and vacuuming without scratching the paint. With adjustable stabilizers to fit each point of support to the irregularities of the floor.

exercise guide

Some of the exercises that can be performed at this machine are:

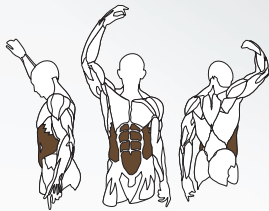


L800 Abdominal flexor bench

specifications:

Length:	112 cm / 44.1"
Width:	78 cm / 30.7"
Height:	155 cm / 61"
Weight:	69 kg / 152.1 lbs

muscles:
largest abdominal and obliques



Double pair of multi position grips.

Enables different kind of holding for a more varied exercise.



Double padded support for the forearm.

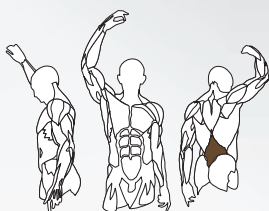
Provides an easier support and tight fixing points for the arms and back during the exercise ensuring the correct position at all times.

L805 40° Inclined bench

specifications:

Length:	121.1 cm / 47.7"
Width:	72.5 cm / 28.5"
Height:	93.3 cm / 36.7"
Weight:	40 kg / 89 lbs

muscles:
lower back



Double adjustment for the length of the legs and the training angle.

Makes possible the adaptation of the bench to all kind of users and a more varied exercise.



Double side grip.

As support and fixing point for the user. It helps to fix and ensure the correct posture during exercise.



L810 *Flat bench*

specifications:

Length:	115.9 cm / 45.7"
Width:	90 cm / 35.5"
Height:	42 cm / 16.6"
Weight:	25 kg / 55 lbs



With handles and wheels which allow easy transportation.



Injected core seat.
The injected core offers the advantage of uniformity, avoids deformities and provides a higher protection against bacteria.

L815 *Press bench*

specifications:

Length:	170 cm / 67"
Width:	166 cm / 65.4"
Height:	137 cm / 54"
Weight:	69 kg / 152 lbs

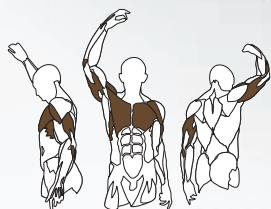


Side storage racks for disks.



3 training positions for the bar for a more varied exercise.

muscles:
pectoral and triceps

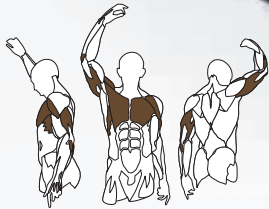


L820 *Incline bench*

specifications:

Length:	163.2 cm / 64"
Width:	165.8 cm / 65.3"
Height:	137.3 cm / 54"
Weight:	90 kg / 198.5 lbs

muscles:
pectoral, triceps and
anterior deltoid



Adjustable seat height.
It makes the adaptation to all kind of users easier.



Assistance bench in the back, enabling the help of an assistant during advanced exercises like this.

L825 *Multi position bench*

specifications:

Length:	121.2 cm / 47.8"
Width:	75 cm / 29.6"
Height:	46.5 cm / 18.3"
Weight:	37 kg / 82 lbs



Back rest and seat double adjustment in height and inclination.

Makes possible the adaptation of the bench to all kind of users and a more varied exercise.



Rubber tipped feet, that protect the floor from scratches.



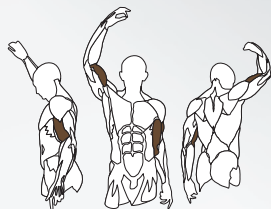
L830 *Seated scott curl*

specifications:

Length:	101 cm / 29.5"
Width:	81 cm / 32"
Height:	88 cm / 34.6"
Weight:	40 kg / 88 lbs



muscles:
brachial biceps,
anterior brachial



Adjustable seat height.

It makes the adaptation to all kind of users easier.



Training angle particularly designed to insist on both the brachial biceps and anterior brachial exercises.

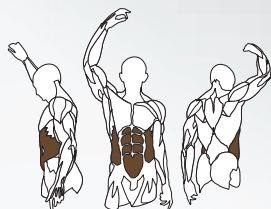
L835 *Crunch bench*

specifications:

Length:	173.8 cm / 68.4"
Width:	72.5 cm / 28.5"
Height:	89.9 cm / 35.4"
Weight:	40 kg / 89 lbs



muscles:
largest abdominal and
obliquous



Back rest inclination adjustment at different levels of inclination.

The user is easily placed in the optimun position.



Double roll to support and fix the leg position.

Acts as a support and a fixing point for the user, avoiding the risk of injuries due to incorrect postures.

technical specifications

	REF.	MODEL NAME	MEASURES L x W x H	WEIGHT	WEIGHT STACK	OPTIONAL WEIGHT
strength / upper body	L130	Biceps Curl	137 x 117 x 148.5 cm 53.9 x 46.1 x 58.5 in	173 kg 381 lbs	68 kg 150 lbs	91 kg 200 lbs
	L150	Seated dip	163.8 x 114 x 148.5 cm 64.5 x 44.9 x 58.5 in	221 kg 487 lbs	91 kg 200 lbs	-
	L160	Horizontal triceps	115 x 113.8 x 148.5 cm 45 x 44.8 x 58.5 in	180 kg 397 lbs	68 kg 150 lbs	91 kg 200 lbs
	L110	Lat Pulley	145 x 127 x 198 cm 57.1 x 50 x 78 in	246 kg 542 lbs	91 kg 200 lbs	125 kg 275 lbs
	L290	Seated row	158 x 109 x 148.5 cm 62.2 x 42.9 x 58.5 in	201 kg 443 lbs	91 kg 200 lbs	125 kg 275 lbs
	L450	Assisted kneeling dip	122 x 136 x 220 cm 48 x 53.5 x 86.6 in	236 kg 520 lbs	91 kg 200 lbs	-
	L550	Lat pull	122 x 185 x 220 cm 48 x 72.8 x 86.6 in	232 kg 511 lbs	125 kg 275 lbs	-
	L090	Shoulder press	194 x 147 x 148.5 cm 76 x 57.9 x 58.5 in	243 kg 536 lbs	91 kg 200 lbs	125 kg 275 lbs
	L490	Deltoid raise	119.5 x 94 x 148.5 cm 47 x 37 x 58.5 in	194 kg 428 lbs	91 kg 200 lbs	-
	L070	Seated chest press	148 x 133 x 148.5 cm 58.3 x 52.4 x 58.5 in	219 kg 483 lbs	91 kg 200 lbs	125 kg 275 lbs
	L270	Butterfly	109 x 153 x 148.5 cm 42.9 x 60.2 x 58.5 in	231 kg 509 lbs	91 kg 200 lbs	-
L410	Rear deltoid	166 x 129 x 200 cm 65.4 x 50.8 x 78.7 in	229 kg 505 lbs	91 kg 200 lbs	125 kg 275 lbs	
strength / torso	L310	Abdominal	136 x 105 x 148.5 cm 53.5 x 41.3 x 58.5 in	216 kg 476 lbs	91 kg 200 lbs	-
	L430	Rotary torso	118 x 121 x 148.5 cm 46.5 x 47.6 x 58.5 in	232 kg 511 lbs	68 kg 150 lbs	91 kg 200 lbs
	L510	Lower back	118.5 x 98.3 x 148.5 cm 46.7 x 38.7 x 58.5 in	199 kg 434 lbs	91 kg 200 lbs	125 kg 275 lbs
strength / lower body	L250	Abduction and adduction	80.5 x 173 x 148.5 cm 31.7 x 68.1 x 58.5 in	197 kg 434 lbs	68 kg 150 lbs	-
	L330	Gluteous kneeling	107 x 105.3 x 148.5 cm 42 x 41.5 x 58.5 in	192 kg 423 lbs	91 kg 200 lbs	-
	L340	Total hip	100 x 129 x 148.5 cm 39.4 x 50.8 x 58.5 in	256 kg 564 lbs	91 kg 200 lbs	125 kg 275 lbs
	L010	Leg extension	142 x 113 x 148.5 cm 55.9 x 44.5 x 58.5 in	220 kg 485 lbs	91 kg 200 lbs	125 kg 275 lbs
	L030	Lying leg curl	178.7 x 113.6 x 148.5 cm 70.4 x 44.8 x 58.5 in	222 kg 489 lbs	91 kg 200 lbs	-
	L170	Seated leg curl	174.4 x 112.7 x 148.5 cm 68.7 x 44.4 x 58.5 in	224 kg 494 lbs	91 kg 200 lbs	-
	L210	Seated calf	164.8 x 112.5 x 148.5 cm 64.9 x 44.3 x 58.5 in	213 kg 470 lbs	91 kg 200 lbs	-
	L050	Leg press	206 x 112 x 148.5 cm 81.1 x 44.1 x 58.5 in	298 kg 657 lbs	136 kg 300 lbs	-
strength / benches & multifunctional	L530	Ergolina	138.5 x 89.1 x 224.7 cm 54.6 x 35 x 88.5 in	184 kg 405 lbs	91 kg 200 lbs	125 kg 275 lbs
	L800	Abdominal flexor bench	112 x 78 x 155 cm 44.1 x 30.7 x 61 in	69 kg 152.1 lbs	-	-
	L805	40° Inclined bench	121.1 x 72.5 x 93.3 cm 47.7 x 28.5 x 36.7 in	40 kg 89 lbs	-	-
	L810	Flat bench	115.9 x 90 x 42 cm 45.7 x 35.5 x 16.6 in	25 kg 55 lbs	-	-
	L815	Press bench	170 x 166 x 137 cm 67 x 65.4 x 54 in	69 kg 152 lbs	-	-
	L820	Incline bench	163.2 x 165.8 x 137.3 cm 64 x 65.3 x 54 in	90 kg 198.5 lbs	-	-
	L825	Multi position bench	121.2 x 75 x 46.5 cm 47.8 x 29.6 x 18.3 in	37 kg 82 lbs	-	-
	L830	Seated scott curl	101 x 81 x 88 cm 29.5 x 32 x 34.6 in	40 kg 88 lbs	-	-
	L835	Crunch bench	173.8 x 72.5 x 89.9 cm 68.4 x 28.5 x 35.4 in	40 kg 89 lbs	-	-



sturdy design

TR

SE



RIESES

We design your fitness project

HiPower helps you to design the room of your gym and to make full customized projects designed for you.

Only the best design is a good option

For this reason, our design team seeks the best distribution according to the characteristics of the room, the gym's customers' target type, user flows, and the best use of the space so that both you and your customers like the fitness project.



Don't imagine, now you can see it!

Now, you no longer need to imagine how beautiful your gym may be, just simply look at it. Because we provide you with the best 3D technology to give you an almost perfect vision of your gym, the distribution of the machines, and the interior design that we propose for it. Everything you can think of.

Or would you rather go for virtual tour of your future gym?

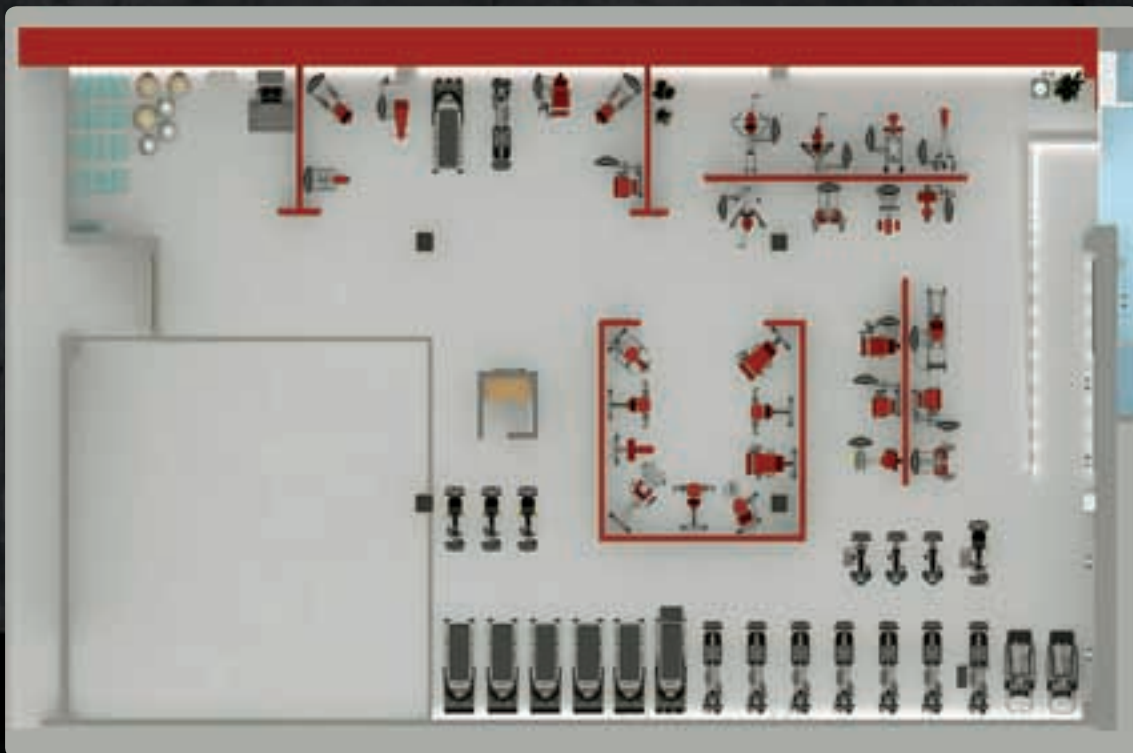
And if you want to be able to walk by the room and check what your users will be able to see and enjoy there, now you can. Our design team can create the best virtual tours with "fly-through" technology, through which you can virtually walk around the room and see with your own eyes the future of your gym come true.



From 2D plan...



... to virtual reality!



After-sales service: committed to you

At HiPower we strongly believe that the excellence in customer service is as important as high quality standard product. The design or the quality of a product does not matter, if an area of your gym is stopped by an unsolved problem with customer service.

For this reason, we are committed to providing a service and an after sales assistance that fits the reality and needs of a gym's day-to-day activity.



Fast and effective response

Our commitment goes beyond words. Our response times for the repair or spare-parts replacement are regularly audited and certified by recognized external auditing firms.

In addition to this, our large warehouses in Spain and Europe and a long list of more than 30,000 different references, make shipping and handling of spare parts is fast and efficient.

Own staff at your service

We have a call center with our own staff trained at the factory, which attends via phone and email to all inquiries, questions and requests. Furthermore, we undertake to always give a reply in less than 24 hours so that your gym never stops.

Digital support

And if you want to have digital access to all technical documentation on our extranet you can download the exploded views of the machines, installation and user manuals, certificates, images etc. so that you can check them out at your leisure, wherever you are. 24 hours a day, 365 days a year.



Support via email / phone through our call center. (sat@hipower-gym.com)



Training on use and maintenance of the equipment provided by our own staff.



On-line support with access to technical documentation, exploded, manuals, certificates, etc...



First response in less than 24 hours.





reset your
strength concept

BH EUROPE

SPAIN

Exercycle, S.L.
Zurrupitieta, 22
Pol. Ind. Jundiz
01015 Vitoria-Gasteiz
(Alava) - SPAIN
Tel. +34 945 290 258
Fax. +34 945 290 049
sac@bhfitness.es

FRANCE

BH Fitness France
Zac de Mayonnabe
1 allée Latecoère
64200 BIARRITZ
FRANCE
Tel. +33 05 59 42 04 71
Fax. +33 05 59 50 10 83
bhfrance@bhfitness.com

PORTUGAL

Maquinasport, S.A.
Z.I. Assequins s/n
Giesteira Terreirinho
3750-325 Águeda - PORTUGAL
Tel. + 351 234 729 510
Fax. + 351 234 729 519
info@bhfitness.pt

GERMANY

Exercycle GmbH
Schummanstr. 27
60325 Frankfurt/Main
Tel: 069-17554247-0
Fax. 069-17554247-9
deutschland@bhfitness.com

ITALY

BH FITNESS ITALIA
Via A. Rossi, 192
36100 Vicenza (Italy)
Tel.: 0444654527
bhfitnessitalia@gmail.com

UK

BH Fitness UK
Tel: +44 0844 335 3988
sales@bh-uk.co.uk

BH AMERICA

UNITED STATES

BH North America Corp
20155 Ellipse
Foothill Ranch
CA 92610 - USA
Phone +1 949.206.0330
Toll Free +1 866.325.2339
Fax +1 949.206.0013
bhfitness@bhnorthamerica.com

MEXICO

BH Exercycle Mexico
S.A. de CV
Eje 132/126
Zona Industrial, 2ª Secc.
78395 San Luis Potosí
S.L.P. MEXICO
Tel. 52 (444) 824 00 29
Fax. 52 (444) 824 00 31
www.bh.com.mx

BH ASIA

TAIWAN

BH Asia Ltd.
No.139, Jhongshan Rd., Daya
Township
Taichung County 428
TAIWAN
Tel.+886-4-25609200
Fax.+886-4-25609280
info@bhasia.com.tw

CHINA

BH (China) Co., Ltd.
Block A, No. 68, Branch Lane
455, Lane 822,
Zhen Nan Rd., Li Zi Yuan,
Putuo, Shanghai 200331(P.R.C.)
CHINA
Tel.+86-21-52846694
Fax.+86-21-52846814
info@i-bh.cn

