



Commercial Fitness



SERIES

The line is growing.
Discover the new
models!



L140

Biceps / Triceps



Biceps



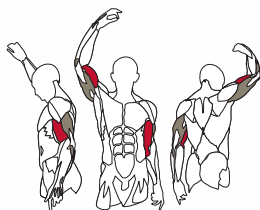
Triceps



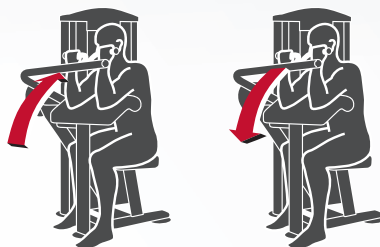
Specifications:

Length:	116 cm / 47"
Width:	121 cm / 48"
Height:	152 cm / 60"
Weight:	207 kg / 456 lbs.
Charge:	90 kg / 200 lbs.

muscles:



It allows for a dual exercise:



Adjustable training angle with 6 different positions.

From position 1 to 3 to exercise the biceps and positions 4 to 6 to exercise the triceps.



Multi-position rotating double handle.

This facilitates grip while exercising biceps and triceps, helping to improve the position and adaptation of the user during the exercise.

L080 Shoulder / Chest press



Incline press



Shoulder press



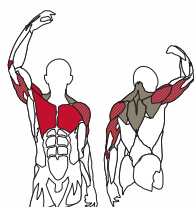
Horizontal press



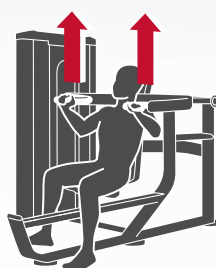
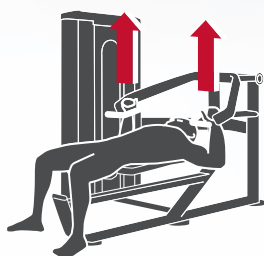
Specifications:

Length:	193 cm / 76"
Width:	132 cm / 52"
Height:	152 cm / 60"
Weight:	212 kg / 467 lbs.
Charge:	90 kg / 200 lbs.

muscles:

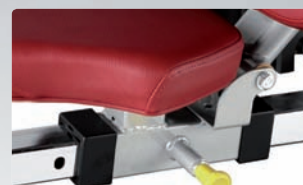


It allows for a dual exercise:



Chest press
(horizontal and inclined)

Shoulder press



Varied exercise.

Adjustable seat with 4 different positions, that allows for varied training, with a natural anatomical movement for each type of exercise.



Adjustable training arm with 4 different positions.

Different starting position heights can be selected, for longer or shorter strokes.





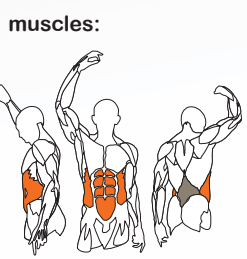
L610

Ab / Low back

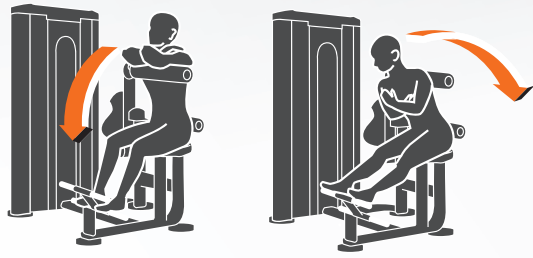


Specifications:

Length:	104 cm / 41"
Width:	110 cm / 43"
Height:	152 cm / 60"
Weight:	201 kg / 443 lbs.
Charge:	90 kg / 200 lbs.



It allows for a dual exercise:



Adjustable support roller with 12 different positions.
 The selector has 12 working angles, that offer maximum adaptability to the shape, height and constitution of the user. This enables full adjustment.



Adjustable training arm with 6 different positions.
 Enables you to select different starting positions, to choose between an abdominal or lumbar exercise.

L020

Leg extension / Leg curl



strength / Dual Function



Leg curl

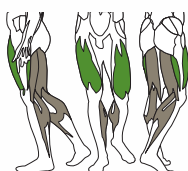
Leg extension



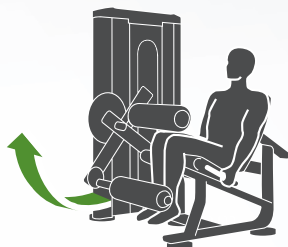
Specifications:

Length:	146 cm / 57.5"
Width:	125 cm / 49"
Height:	152 cm / 60"
Weight:	229 kg / 505 lbs.
Charge:	90 kg / 200 lbs.

muscles:



It allows for a dual exercise:



Leg extension (quadriceps)



Leg curl (femoral)



Adjustable upper roller with 7 different positions, and lower roller 12 different positions,

that provide maximum adaptability to the shape, height and constitution of the user. This enables full adjustment.



Adjustable training arm with 8 different positions.

Enables you to select different starting positions, to choose between leg extensions (positions 1 to 4) or leg curls (positions 5 to 8).

L350 Multipress

Specifications:

Length:	140 cm / 55"
Width:	193 cm / 75"
Height:	212 cm / 83"
Weight:	137 kg / 302 lbs.



Load: for 28 or 50 mm discs.



Training height points.

10 training height points for the bar. It allows more varied workout.



Bar lock security system,

swivel and height adjustable. It allows a safer exercise, preventing the bar from falling on the user in case of accident.

L350J Multipress (counterbalanced)

Specifications:

Length:	140 cm / 55"
Width:	193 cm / 76"
Height:	225 cm / 88.5"
Weight:	167.5 kg / 369 lbs.



Load: for 28 or 50 mm discs.



The counter-balanced system

reduces the weight of the lifting bar, which makes it easier for all kind of users.



Bar lock security system,

swivel and height adjustable. It allows a safer exercise, preventing the bar from falling on the user in case of accident.

L370

Dual adjustable pulley

Specifications:

Length:	150 cm / 59"
Width:	146 cm / 55"
Height:	218 cm / 85.8"
Weight:	273 kg / 601"
Charge:	90 kg + 90 kg 200 +200 lbs.

Varied training. Each arm has 31 different training height positions, which allows to do multiple pulley & cable training exercises. Perfect for personal training sessions.



Double adjustable pulley, with independent arms, and free rotation movement of 180°.



Grips on top, which allow the users to make chin-ups.

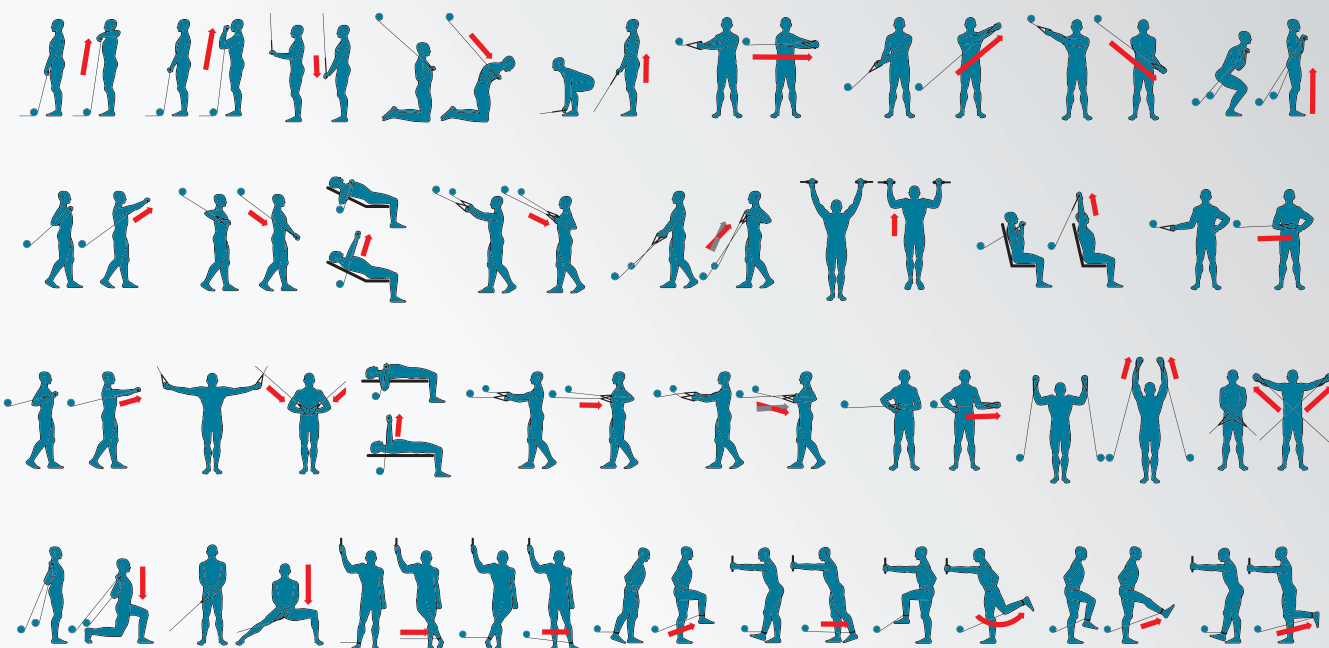


Accessories included as standard:

- Two short handles
- Two long handles
- 1 Adjustable strap for wrist/ankle
- 1 Double rope
- 1 Straight bar

exercise guide

These are some of the exercises that are possible with this machine.



LD400 Max Rack

Achieve the sensation of free weight training with a bar but with the safety of a Smith or Multipower machine, thanks to its three-dimensional but fully guided movement system. In addition, with the LD400 you will optimise the space in your fitness centre as it makes it possible to do 20 different exercises in less than 3 m². It has tempered bars with linear bearings for discs with a diameter of 28 mm and 50 mm Olympic discs.



Specifications:

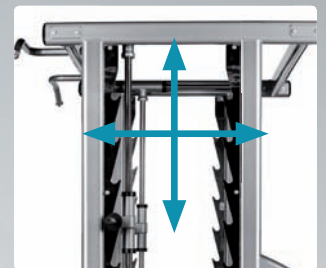
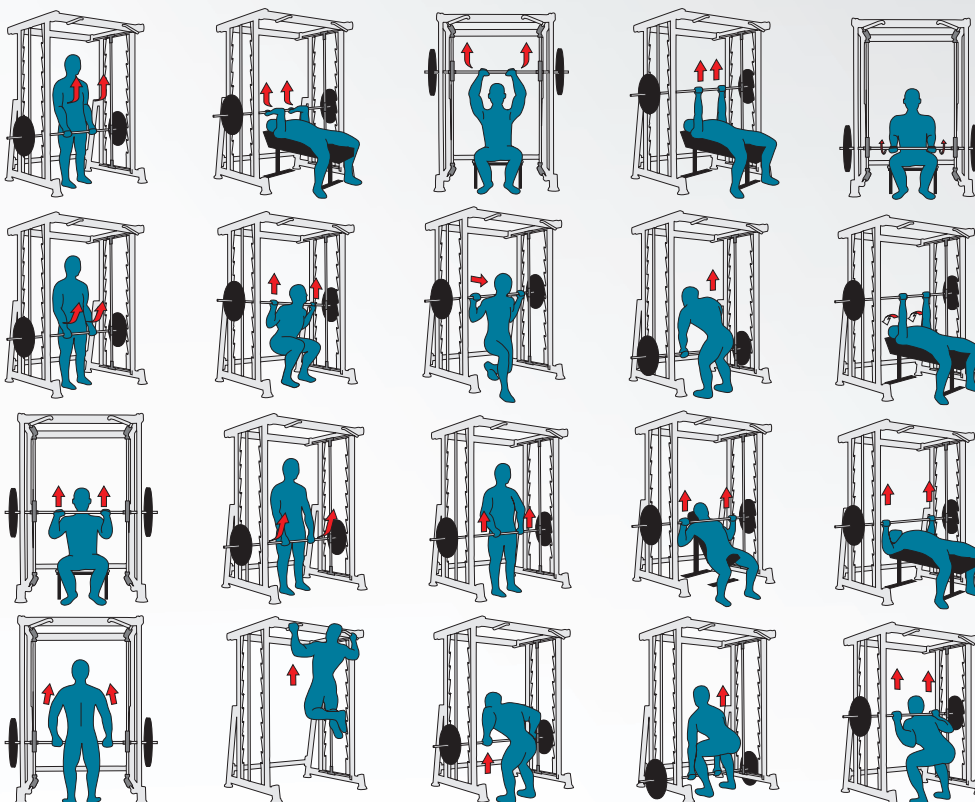
Length:	200 cm / 79"
Width:	140 cm / 57.5"
Height:	216 cm / 86"
Weight:	199 kg / 439 lbs.



Load: for 28 or 50 mm discs.

exercise guide:

These are some of the exercises that are possible with this machine.



The sensation of free weights with maximum safety.

The bar enables you to make three-dimensional movements in any direction in a fully controlled and safe way, thanks to its vertical and horizontal guides.



Grips on top, which allow the users to make chin-ups.

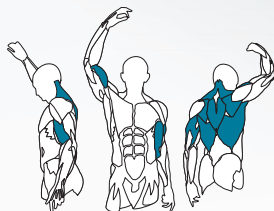
LD295 RT Bar row (plate load)

Specifications:

Length:	198 cm / 78"
Width:	98 cm / 38.5"
Height:	126 cm / 49.6"
Weight:	60 kg / 132 lbs.



muscles:
trapezius, deltoids,
dorsal, biceps



Support bracket for the training arm.

It provides easy access to the training arm at the beginning and end of the exercise.



Double multiposition grips.

They allow the realization of different exercises.



Load: for 50 mm discs.

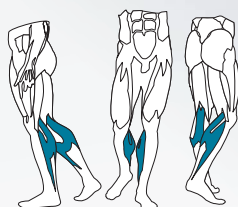
LD215 Seated calf (plate load)

Specifications:

Length:	136 cm / 53.5"
Width:	75 cm / 29.5"
Height:	83 cm / 32.6"
Weight:	57 kg / 125 lbs.



muscles:
calf



Padded support for legs.

It oscillates and can be adjusted in height to different user sizes.



Security guide system for supporting the training arm.

It provides easy access to the training arm at the beginning and end of the exercise.



Load: for 50 mm discs.



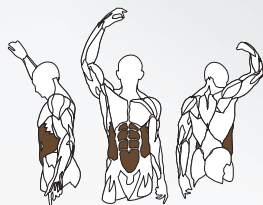
L840 Roman chair

Specifications:

Length:	112 cm / 44"
Width:	80 cm / 31"
Height:	64 cm / 25"
Weight:	35 kg / 77 lbs.



muscles:
abdominal and
obliquous



Support pad for the femoral muscle.

Provides a more comfortable and safer exercise.



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.

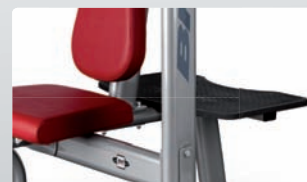
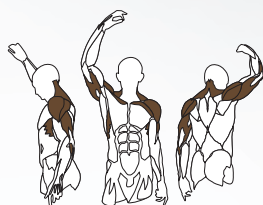
L850 Shoulder press bench

Specifications:

Length:	106 cm / 42"
Width:	130 cm / 51"
Height:	164 cm / 65"
Weight:	88 kg / 194 lbs.



muscles:
deltoid, triceps,
trapezius



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



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

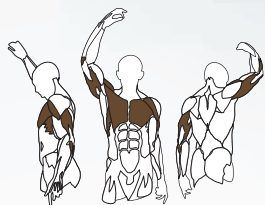
L855 Decline bench

Specifications:

Length:	210 cm / 82.5"
Width:	166 cm / 65.3"
Height:	137 cm / 54"
Weight:	85 kg / 187 lbs.



muscles:
pectoral, triceps



Double padded support for legs, adjustable in 6 different positions. Full adjustment to user's height.



Support pad for the femoral muscle.

Provides a more comfortable and safer exercise.

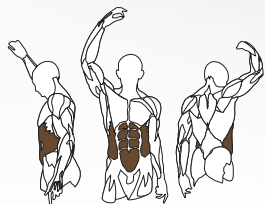
L885 Balanced abdominal

Specifications:

Length:	100 cm / 39"
Width:	96.5 cm / 38"
Height:	125 cm / 49"
Weight:	65 kg / 143 lbs.



muscles:
abdominal and oblique



Unique design.

What distinguishes the L885 from other abdominal machines is that it enables you to do the "down up" abdominal exercise without straining your neck, shoulders and back.



Leg support with three positions.

You can rotate it to the right and left, also working the obliques.

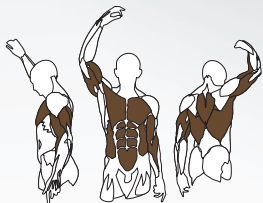


L900 *Chin-up and Dip*

Specifications:

Length:	112 cm / 44"
Width:	78 cm / 31"
Height:	240 cm / 94"
Weight:	85 kg / 187 lbs.

muscles:
abdominal, obliques,
deltoid, triceps,
pectoral, trapezius,
dorsal



Multiposition grips.

Allow the realization of two different exercises: dips and abdominal crunches.



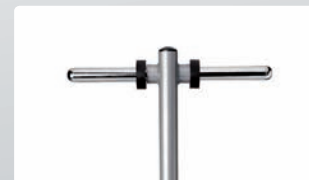
Anatomical back support pad.

This pad is shaped with the same angle of the back, to keep it fully supported during the exercise.

L860 *Plate rack*

Specifications:

Length:	96 cm / 37.8"
Width:	62.5 cm / 24.6"
Height:	120 cm / 47.2"
Weight:	31 kg / 68 lbs.



Storage Racks.

8 Storage Racks for storing olympic plates easily from any angle.



Durability.

4 mm thick ST-37 / 40 steel frame.
For guaranteed durability.

L870 *Barbel rack*

Specifications:

Length:	57 cm / 22"
Width:	90 cm / 35"
Height:	107 cm / 42"
Weight:	48 kg / 106 lbs.



Capacity.

Racks with capacity for 8 bars.



Double tray.

Double auxiliary tray for storing handles.

L875 *Dumbbell rack*

Specifications:

Length:	159 cm / 63"
Width:	81 cm / 32"
Height:	98 cm / 39"
Weight:	70 kg / 154"



Individual storage racks,
for placing easily the dumbbells and
prevent them from moving.



Capacity.







With capacity for 12 pairs of
dumbbells.



technical specifications

	REF.	MODEL	MEASURES L x W x H	WEIGHT
strength / upper body	L130	Biceps Curl	137 x 117 x 148.5 cm / 53.9 x 46.1 x 58.5"	191 kg / 421 lbs.
	L140	Biceps/Triceps	116 x 121 x 152 cm / 47 x 48 x 60"	207 kg / 456 lbs.
	L150	Seated dip	163.8 x 114 x 148.5 cm / 64.5 x 44.9 x 58.5"	227 kg / 501 lbs.
	L160	Horizontal triceps	115 x 113.8 x 148.5 cm / 45 x 44.8 x 58.5"	190.5 kg / 419 lbs.
	L110	Lat Pulley	145 x 127 x 198 cm / 57.1 x 50 x 78"	236 kg / 520 lbs.
	L290	Seated row	158 x 109 x 148.5 cm / 62.2 x 42.9 x 58.5"	212 kg / 467 lbs.
	L450	Assisted kneeling dip	122 x 136 x 220 cm / 48 x 53.5 x 86.6"	248 kg / 547 lbs.
	L550	Lat pull	122 x 185 x 220 cm / 48 x 72.8 x 86.6"	243 kg / 536 lbs.
	L090	Shoulder press	194 x 147 x 148.5 cm / 76 x 57.9 x 58.5"	256 kg / 564 lbs.
	L490	Deltoid raise	119.5 x 94 x 148.5 cm / 47 x 37 x 58.5"	209 kg / 461 lbs.
	L070	Seated chest press	148 x 133 x 148.5 cm / 58.3 x 52.4 x 58.5"	229 kg / 505 lbs.
	L080	Shoulder / Chest press	193 x 132 x 152 cm / 76 x 52 x 60"	212 kg / 467 lbs.
	L270	Butterfly	109 x 153 x 148.5 cm / 42.9 x 60.2 x 58.5"	227 kg / 501 lbs.
	L410	Rear deltoid	166 x 129 x 200 cm / 65.4 x 50.8 x 78.7"	217 kg / 478 lbs.
strength / torso	L310	Abdominal	136 x 105 x 148.5 cm / 53.5 x 41.3 x 58.5"	236 kg / 520 lbs.
	L430	Rotary torso	118 x 121 x 148.5 cm / 46.5 x 47.6 x 58.5"	225 kg / 496 lbs.
	L610	Ab / Low back	104 x 110 x 152 cm / 41 x 43 x 60"	201 kg / 443 lbs.
	L510	Lower back	118.5 x 98.3 x 148.5 cm / 46.7 x 38.7 x 58.5"	221 kg / 487 lbs.
strength / lower body	L250	Abduction and adduction	80.5 x 173 x 148.5 cm / 31.7 x 68.1 x 58.5"	205 kg / 452 lbs.
	L020	Leg extension / Leg curl	146 x 125 x 152 cm / 57.5 x 49 x 60"	229 kg / 505 lbs.
	L330	Gluteous	107 x 105.3 x 148.5 cm / 42 x 41.5 x 58.5"	203 kg / 448 lbs.
	L340	Total hip	100 x 129 x 148.5 cm / 39.4 x 50.8 x 58.5"	238 kg / 525 lbs.
	L010	Leg extension	142 x 113 x 148.5 cm / 55.9 x 44.5 x 58.5"	235 kg / 518 lbs.
	L030	Lying leg curl	178.7 x 113.6 x 148.5 cm / 70.4 x 44.8 x 58.5"	228 kg / 503 lbs.
	L170	Seated leg curl	174.4 x 112.7 x 148.5 cm / 68.7 x 44.4 x 58.5"	236 kg / 520 lbs.
	L210	Seated calf	164.8 x 112.5 x 148.5 cm / 64.9 x 44.3 x 58.5"	221 kg / 487 lbs.
	L050	Leg press	206 x 112 x 148.5 cm / 81.1 x 44.1 x 58.5"	298 kg / 657 lbs.
multistations and plate load	L350	Multipress	140 x 193 x 212 cm / 55 x 76 x 83"	137 kg / 302 lbs.
	L350J	Multipress (counterbalanced)	140 X 193 X 225 cm / 55 x 76 x 88.5"	167.5 kg / 369 lbs.
	L370	Dual adjustable pulley	150 x 146 x 218 cm / 59 x 55 x 85.8"	273 kg / 601 lbs.
	LD400	Max Rack	200 x 140 x 216 cm / 79 x 57.5 x 86"	199 kg / 439 lbs.
	LD295	T Bar row (plate load)	198 x 98 x 126 cm / 78 x 38.5 x 49.6"	60 kg / 132 lbs.
strength / benches & multifunctional	LD215	Seated calf (plate load)	136 x 75 x 83 cm / 53.5 x 29.5 x 32.6"	57 kg / 125 lbs.
	L530	Ergolina	138.5 x 89.1 x 224.7 cm / 54.6 x 35 x 88.5"	201 kg / 443 lbs.
	L800	Abdominal flexor bench	112 x 78 x 155 cm / 44.1 x 30.7 x 61"	53 kg / 116.7 lbs.
	L805	40° Inclined bench	121.1 x 72.5 x 93.3 cm / 47.7 x 28.5 x 36.7"	40 kg / 89 lbs.
	L810	Flat bench	115.9 x 90 x 42 cm / 45.7 x 35.5 x 16.6"	28 kg / 62 lbs.
	L815	Press bench	170 x 166 x 137 cm / 67 x 65.4 x 54"	81 kg / 179 lbs.
	L820	Incline bench	163.2 x 165.8 x 137.3 cm / 64 x 65.3 x 54"	106 kg / 234 lbs.
	L825	Multi position bench	121.2 x 75 x 46.5 cm / 47.8 x 29.6 x 18.3"	39 kg / 86 lbs.
	L830	Seated scott curl	101 x 81 x 88 cm / 29.5 x 32 x 34.6"	40 kg / 88 lbs.
	L835	Crunch bench	173.8 x 72.5 x 89.9 cm / 68.4 x 28.5 x 35.4"	41 kg / 90 lbs.
	L840	Roman chair	112 x 80 x 64 cm / 44 x 31 x 25"	35 kg / 77 lbs.
	L850	Shoulder press bench	106 x 130 x 164 cm / 42 x 51 x 65"	88 kg / 194 lbs.
	L855	Decline bench	210 x 166 x 137 cm / 82.5 x 65.3 x 54"	85 kg / 187 lbs.
	L860	Plate rack	96 x 62.5 x 120 cm / 37.8 x 24.6 x 47.2"	31 kg / 68 lbs.
	L870	Barbel rack	57 x 90 x 107 cm / 22 x 35 x 42"	48 kg / 106 lbs.
	L875	Dumbbell rack	159 x 81 x 98 cm / 63 x 32 x 39"	70 kg / 154 lbs.
	L885	Balanced abdominal	100 x 96.5 x 125 cm / 39 x 38 x 49"	65 kg / 143 lbs.
L900	Chin-up and Dip	112 x 78 x 240 cm / 44 x 31 x 94"	85 kg / 187 lbs.	

WEIGHT STACK **OPTIONAL WEIGHT** **DUAL FUNCTION**  **MONITOR**
 ● Optional / - Not available for this model

67.5 kg / 150 lbs.	90 kg / 200 lbs.	-	●	strength / upper body
90 kg / 200 lbs.			●	
90 kg / 200 lbs.	-	-	●	
67.5 kg / 150 lbs.	90 kg / 200 lbs.	-	●	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	●	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	●	
90 kg / 200 lbs.	-	-	-	
125 kg / 275 lbs.	-		-	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	●	
90 kg / 200 lbs.	-	-	●	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	●	
90 kg / 200 lbs.			●	
90 kg / 200 lbs.	-	-	●	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	-	
90 kg / 200 lbs.	-	-	●	
67.5 kg / 150 lbs.	90 kg / 200 lbs.	-	●	strength / torso
90 kg / 200 lbs.			●	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	●	
67.5 kg / 150 lbs.	-		●	strength / lower body
90 kg / 200 lbs.			●	
90 kg / 200 lbs.	-	-	●	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	●	
90 kg / 200 lbs.	125 kg / 275 lbs.	-	●	
90 kg / 200 lbs.	-	-	●	
90 kg / 200 lbs.	-	-	●	
90 kg / 200 lbs.	-	-	●	
135 kg / 300 lbs.	-	-	●	
-	-	-	-	multistations and plate load
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90 kg + 90 kg / 200 + 200 lbs.	-	-	-	
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90 kg / 200 lbs.	125 kg / 275 lbs.	-	-	strength / benches & multifunctional
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strength concept****BH FITNESS EUROPE**

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