

00:50:03
Time (min)

L 35/50
R 32/50

Standard

100.5 + 15
Kg Per Side
12RM

Turn Off

Assist Off

Target Muscle

00:50:03
Time (min)

L 35/50
R 32/50

Standard

220
LBS PER SIDE

Turn Off

Assist Off

Target Muscle

Powerful Direct-drive Motors

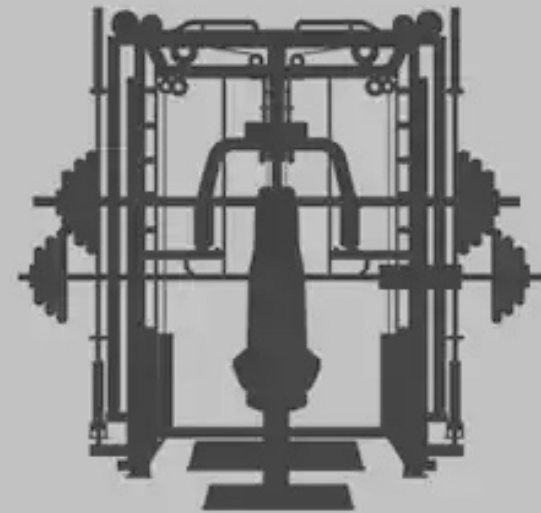
Up to 260 lbs of digital resistance powered by direct-drive motors

Smart Machine



- ✓ Full-Body Training
- ✓ Digital Resistance
- ✓ Real-time Feedback
- ✓ Safety System
- ✓ Virtual Coaching

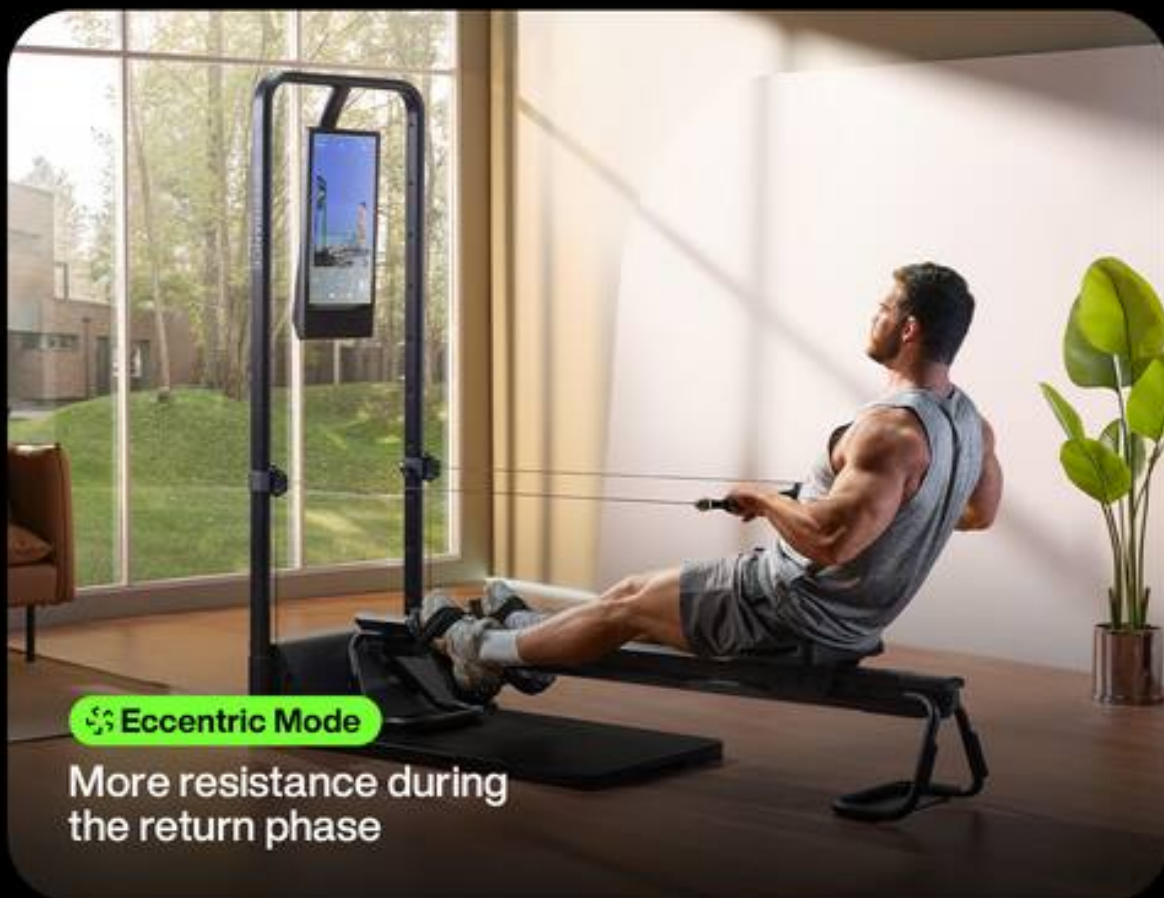
Traditional Machine



- ✗ Full-Body Training
- ✗ Digital Resistance
- ✗ Real-time Feedback
- ✗ Safety System
- ✗ Virtual Coaching

Upgrade Your Strength Routine

Smarter training with features no traditional machine offers



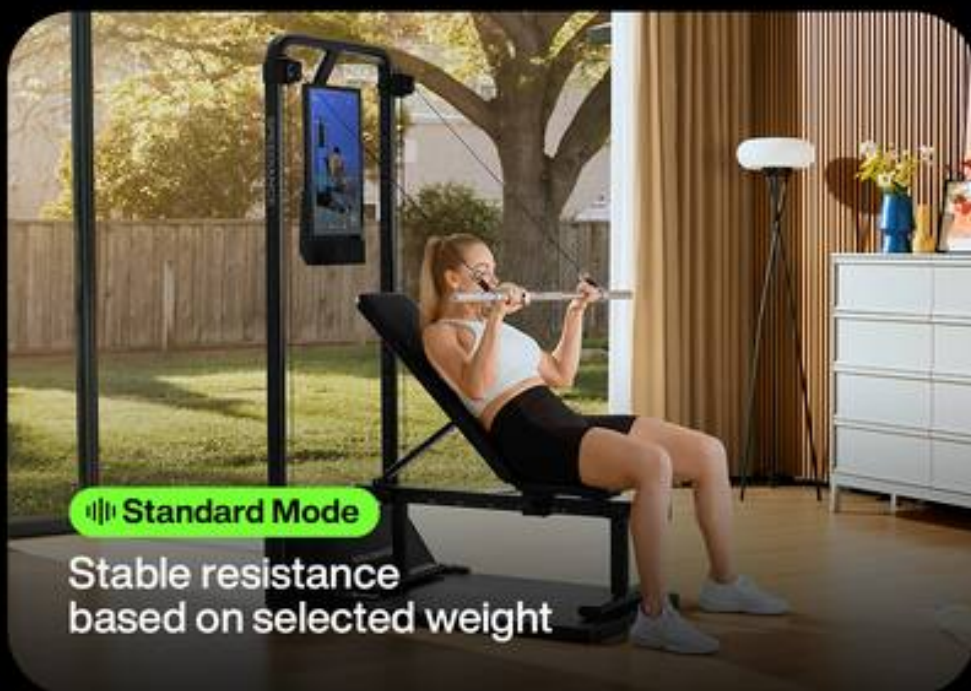
Eccentric Mode

More resistance during the return phase



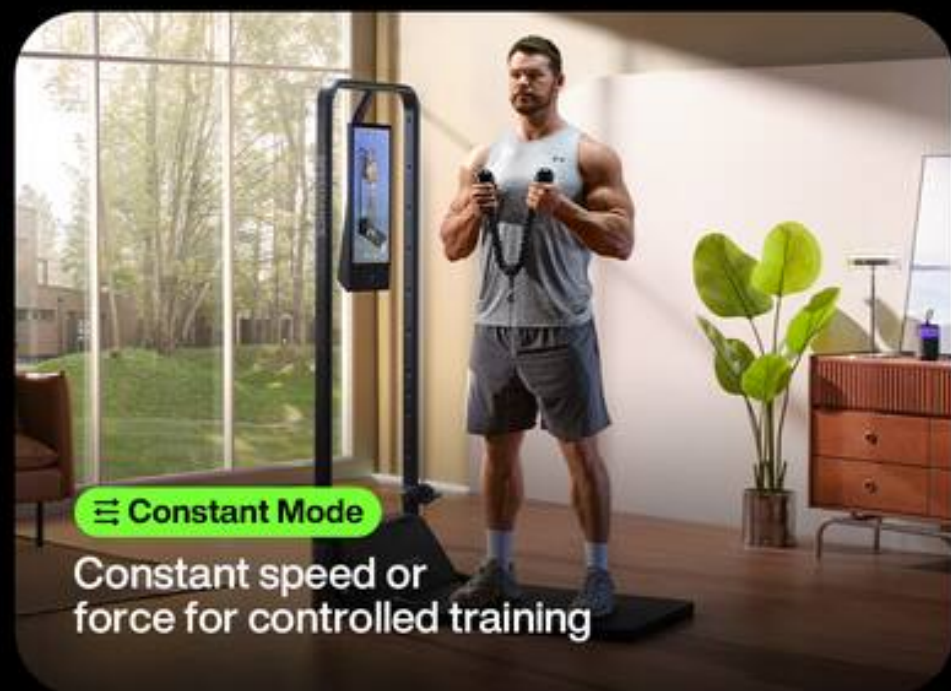
Chain Mode

Resistance increases gradually through the lift



Standard Mode

Stable resistance based on selected weight



Constant Mode

Constant speed or force for controlled training

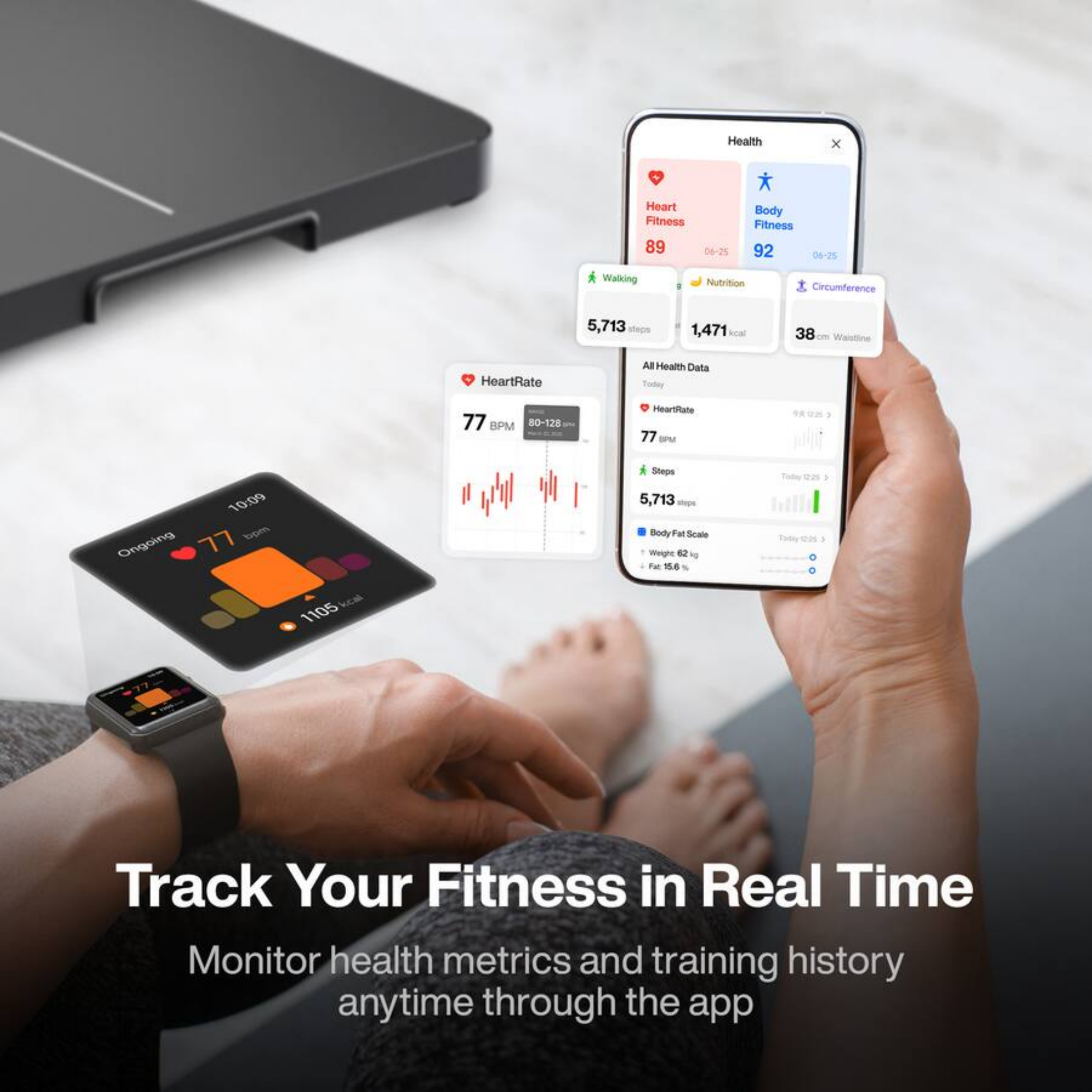
Four Workout Modes

Cater to diverse needs and preferences



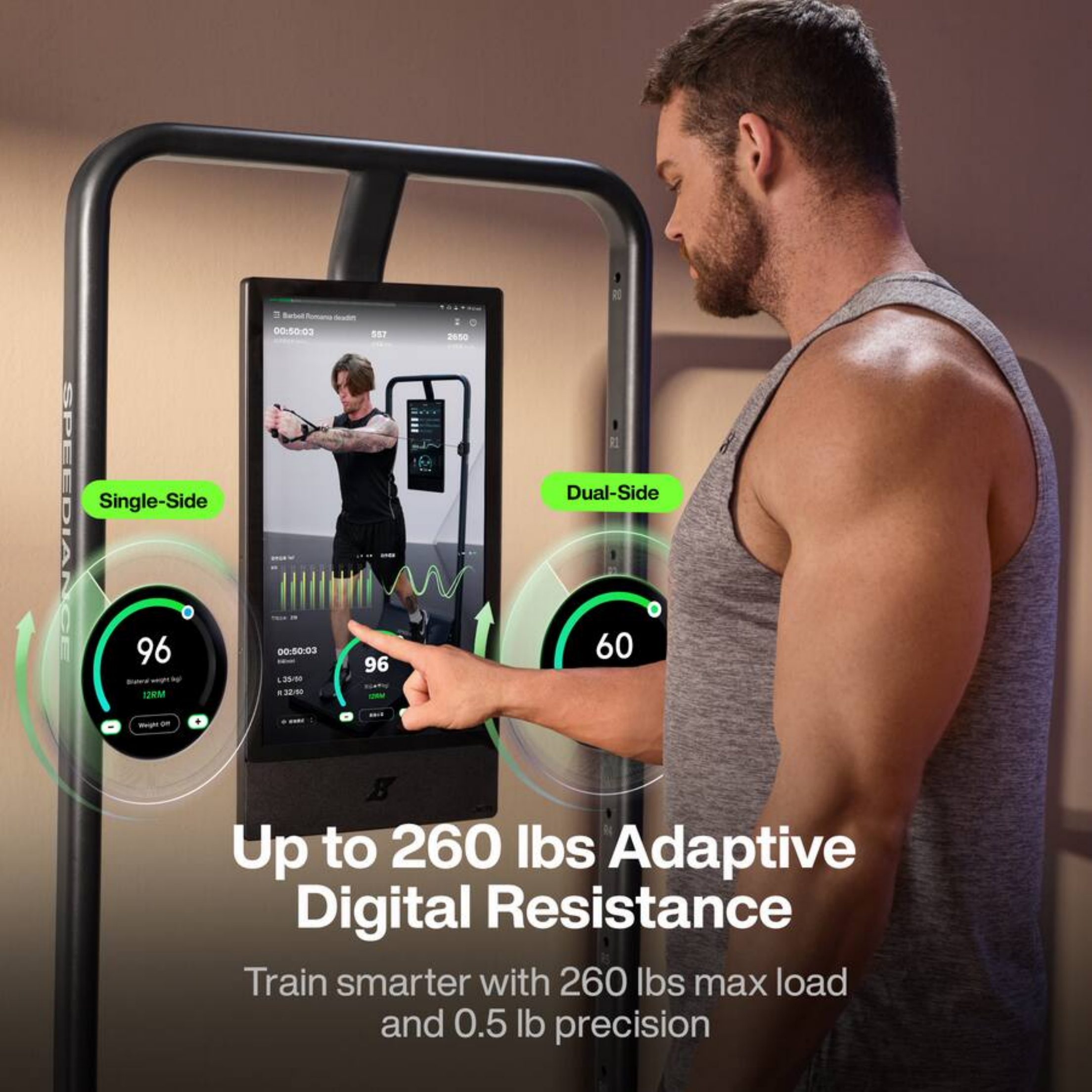
Effective Instruction by Smart Courses

Train step by step with guidance that
adjusts to your level and goals



Track Your Fitness in Real Time

Monitor health metrics and training history anytime through the app



Single-Side

Dual-Side

96

Bilateral weight lift
12RM

Weight Off

60


Up to 260 lbs Adaptive Digital Resistance

Train smarter with 260 lbs max load and 0.5 lb precision




Compact Setup, Unbox and Go



 Core




 Back



 Leg



 Chest



 Glutes




 Full body



 Arm



 Shoulders

One Machine Endless Possibilities

Train shoulders legs core and more with
one compact system