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CATALOG

NPG

FITNESS CLUB 24
Distribution & Service

Muscles: lat muscles, teres muscles of dorsum, biceps

LAT PULL DOWN NPGC101

Muscles: lat muscles, teres muscles of dorsum, biceps

LOW ROW NPGC102

Muscles: Adductor/abductor muscles

CABLE CROSSOVER NPGC103

Muscles: triceps

TRICEPS EXTENSION NPGC105

Muscles: biceps

BICEPS CURL NPGC106

Muscles: hip extension muscles

LEG EXTENSION NPGC107

Muscles: hamstring muscles

LEG CURL NPGC108

Muscles: adductor/abductor muscles

HIP ADDUCTOR-ABDUCTOR COMBO NPGC109

Muscles: calf muscles

CALF RAISE SITTING POSITION NPGC110

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Muscles: lat muscles, teres muscles of dorsum, biceps

SEATED ROW NPGC112

Muscles: deltoid muscles

LATERAL RAISE NPGC113

Muscles: abductor muscles

HIP ABDUCTOR NPGC114

Muscles: abductor muscles

HIP ADDUCTOR NPGC115

Muscles: abdominal muscles

ABDOMINAL NPGC116

Muscles: abdominal muscles

ABDOMINAL NPGC116.1

Muscles: obliques

ROTARY TORSO NPGC117

Muscles: pectoral muscles

PECTORAL FLY NPGC122

Muscles: deltoid muscles, triceps

BUTTERFLY/REAR DELTOID NPGC124

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Muscles: pectoral muscles, lat muscles, triceps, teres muscles of dorsum

ASSISTED PULL-UP/DIP NPGC125

Muscles: deltoid muscles, triceps

SHOULDER PRESS NPGC127

Muscles: pectoral muscles, triceps

INCLINE PRESS NPGC128

Muscles: pectoral muscles, triceps

CHEST PRESS NPGC129

Muscles: biceps, triceps, gluteus muscles, deltoid muscles, adductor/abductor muscles

SINGLE CABLE CROSSOVER NPGC130

Muscles: quadriceps, adductor muscles

LEG PRESS NPGC141

OUR PROJECTS

sklep@fitnessclub24.pl +48 33 486 90 07 www.fitnessclub24.co.uk

Name	Length (mm)	Width (mm)	Height (mm)	Machine Weight (kg)	Weight Stack (kg)
LAT PULL DOWN NPGC101	1261	690	2221	208	105
LOW ROW NPGC102	1693	1014	1940	206	100
CABLE CROSSOVER NPGC103	3479	901	2376	423	2x100
TRICEPS EXTENSION NPGC105	835	1145	1530	226	100
BICEPS CURL NPGC106	1097	1132	1530	207	100
LEG EXTENSION NPGC107	994	1162	1530	228	100
LEG CURL NPGC108.1	1593	1092	1530	212	100
HIP ADDUCTOR-ABDUCTOR COMBO NPGC109	1881	736	1530	251	100
CALF RAISE NPGC110	1359	1097	1530	221	100
SEATED ROW NPGC112	1245	1205	1530	219	100
LATERAL RAISE NPGC113	958	1147	1530	226	100
HIP ABDUCTOR NPGC114	1721	735	1530	244	100
HIP ADDUCTOR NPGC115	1721	1518	1530	248	100
ABDOMINAL NPGC116	808	1268	1561	240	100
ABDOMINAL NPGC116.1	1302	1137	1530	214	100
ROTARY TORSO NPGC117	882	1363	1530	215	100
PECTORAL FLY NPGC122	832	1565	1530	235	100
BUTTERFLY/REAR DELTOID NPGC124	1362	593	1834	217	100
ASSISTED PULL-UP/DIP NPGC125	1109	1493	2430	281	105
SHOULDER PRESS NPGC127	1277	1390	1530	240	100
INCLINE PRESS NPGC128	1065	1396	1607	242	100
CHEST PRESS NPGC129	1184	1400	1530	236	100
SINGLE CABLE CROSSOVER UP130	887	901	2291	198	100
LEG PRESS UP141	1715	1022	1940	358	150

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24 FITNESS CLUB
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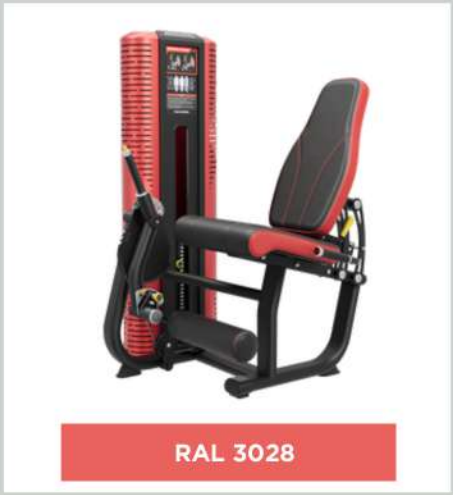
COLOR OF FRAME CONSTRUCTION

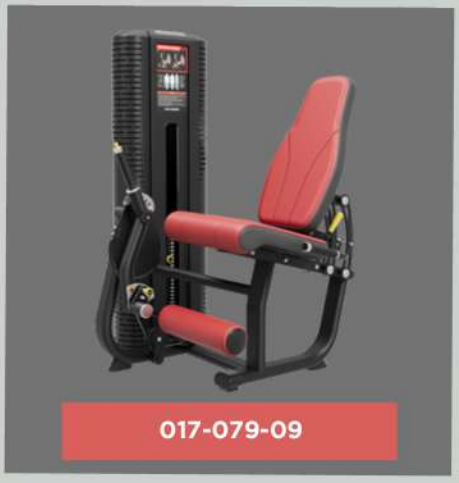
RAL 7016

RAL 1001 TEX

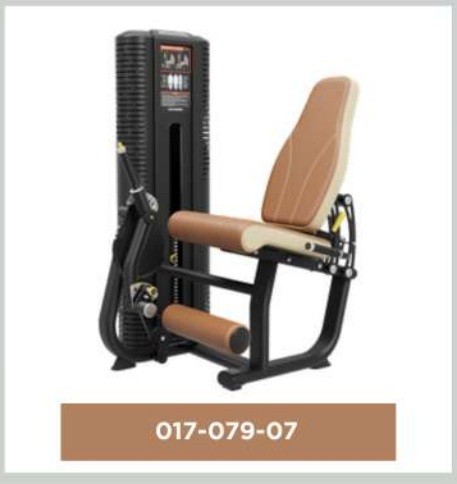


RAL 3028

COLOR OF SOFT PARTS



017-079-09



017-079-07

017-079-04

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