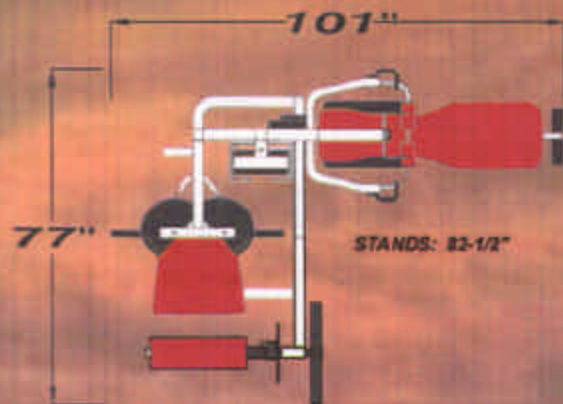




MAXIMUSTM

FITNESS PRODUCTS



DESIGNED TO MEET YOUR FITNESS' NEEDS
STRENGTH SYSTEMS SHAPING YOUR FUTURE



**MULTI-STATION GYMS, SELECTORIZED MACHINES,
FREE WEIGHTS, AND BENCHES**

Since 1979

208 East 2nd Avenue, LaHabra CA, 90631 Tel: (562) 694-0800 (800) 634-6294 Fax: (562) 694-6283
E-mail: FITMAX@pacbell.net

SPECIFICATIONS:

- Biomechanically Engineered.**
- Components: Commercial grade**
- Frame: Rugged Steel Construction.**
- Finish: Durable electrostatic powder coating.**
- Cable: Aircraft quality nylon coated cable tested for 2200 lbs.**
- Pulleys: Sealed ball bearings tested at 1 million cycles with 400 lbs. of Weights, fiberglass reinforced channel to ensure cable support.**
- Pivot points: Sealed ball bearings and oil impregnated Sintered Iron bushings for added smoothness and quiet movement.**
- Guide Rods: 1: Chrome plated guide rods along with weight plate bushings provide smooth action.**
- Weight Stack: Cast Iron plates, 1" thick are fitted with long lasting nylon bushing eliminating metal to metal friction.**
- Top Plate: Steel with nylon bushings**
- Adjustments/ Seat post: Chromed finish with spring loaded pop-pin mechanism.**
- Upholstery: Heavy duty thick foam padding covered with commercial grade vinyl; customized with double stitched seams on high density foam.**
- 3-D dimensional Computerized Assembly Instructions for easier understanding.**
- Packaging: All components are securely strapped in individual compartments.**
- Limited Lifetime Warranty.**

MX4800

FEATURES:

- (4) 200 lb. Weight Stacks**
 - Lat Pulldown Station**
 - Offers adjustable Hold Down Device**
 - 2 Low pulleys**
 - Vertical Press Station with pre-stretch adj.**
 - High Pulley / Triceps Station**
 - Tricep bar holder**
 - Adjustable seat**
 - Abdominal Crunch**
 - Seated Knee Flexion / Extension Station**
 - Full range of motion cam with adj. Lever arm**
 - Adjustable seat pads with seat belt and handles**
 - Pec Dec Station offers range of motion**
 - Articulating handles or pads on Pec-Dec**
 - Adjustable Pec-Dec Seat**
 - Variable Cable Pulley System offers fifteen settings**
 - Calf-block / Low Row Platform**
 - Standard Accessories: Lat Bar, Ankle Strap, D-handle, AB-Strap, Rotating Curl Bar**
 - Anatomical Exercise Chart**
- OPTIONS:**
- Leg Press**
 - Multi-Hip**
 - Weight Stack Enclosures (Shrouds)**

EXERCISES:

VARIABLE CABLE PULLEY SYSTEM:

BENT OVER ONE ARM EXERCISES:

- * FRONT RAISE
- * FLY
- * LAT PULLDOWN
- * VERTICAL INSIDE GRIP ROW
- * REVERSE FLY
- * BICEP LATERAL CURL
- * TRICEP KICKBACK

STANDING EXERCISES / ONE ARM:

- * LATERAL RAISE
- * UPRIGHT ROW
- * HORIZONTAL TRICEP EXTENSION
- * TRICEP PUSHDOWN
- * REVERSE GRIP TRICEP PUSHDOWN
- * REVERSE GRIP PULLDOWN
- * BICEP CURL

STANDING EXERCISES / BOTH ARMS:

- * STRAIGHT ARM LAT PULLDOWN
- * BICEP CURL
- * ONE ARM SHOULDER ROTATION

STANDING EXERCISE - LEGS / HIPS:

- * HIP EXTENSION
- * HIP FLEXION
- * ONE LEG ADDUCTION
- * ONE LEG ABDUCTION
- * CALF RAISES

SEATED MACHINE EXERCISES:

- * VERTICAL GRIP INSIDE & OUTSIDE ROW
- * SHOULDER PRESS
- * CHEST PRESS
- * INCLINE PRESS

- * HORIZONTAL GRIP ROW
- * SEATED LEG EXTENSION
- * SEATED KNEE FLEXION
- * VERTICAL INSIDE GRIP LAT
- * VERTICAL OUTSIDE GRIP LAT

LIMITED LIFETIME WARRANTY:

Under normal use, conditions and with proper maintenance. Limited lifetime on frame and welds. Five years pulleys and bearings. Ninety days on cables and upholstery. Call manufacturer / distributor for details on commercial warranties where applicable.