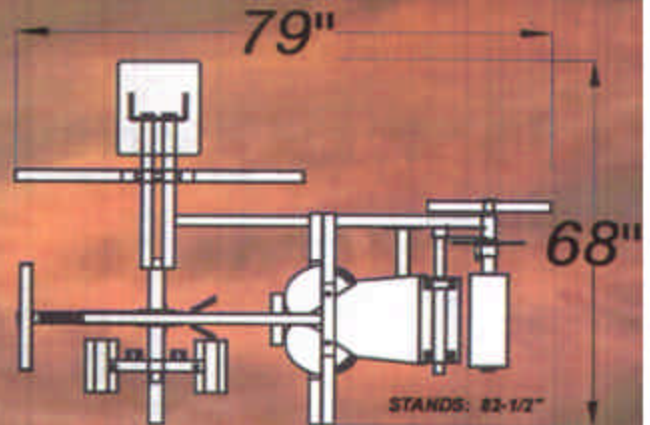




MAXIMUSTM
FITNESS PRODUCTS



MX2800

DESIGNED TO MEET YOUR FACILITIES NEEDS
STRENGTH SYSTEMS SHAPING YOUR FUTURE

MX2800
MAXIMUS MX II MULTI-STATION

FEATURING
EXCLUSIVE MULTI-FUNCTION
VARIABLE PULLEY



SHROUDS ARE OPTIONAL



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.

MX2800

FEATURES:

- (2) 200 lbs. weight stacks
 - Low pulley & Tricep press
 - Lat Pulldown Station with Hold device
 - Vertical Press Station with Pre-Stretch Adjustment
 - Variable Cable Pulley System with 15 different settings
 - Mid Pulley / Abdominal Crunch
 - Seated Knee Flexion / Extension station
 - Full range of motion cam
 - Adjustable seat pad with seat belt and handles
 - Press station offers range of motion
 - Pec dec with range of motion
 - Articulating handles or pads offered
 - Seated Knee Flexion with Adj. Foot Roll
 - Pre-Stretch Adjustment on Press Station
 - Calf Raise / Low Row Station
 - Standard Accessories: Lat Bar, Ankle Strap, D-Handle, AB-Strap, and Curl Bar
Anatomical Exercise Chart
- OPTIONS AVAILABLE:**
- Weight Stack Enclosures (Shrouds)
 - Multi-Hip or Leg Press

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.