

...our Three Stack Ultima Multi -gym is designed in every way to provide our customers with work out options that would rival any full fitness center layout. The unit was designed for rehabilitation facilities, where a comprehensive selection of exercise station are required.

The quality of construction is once again full commercial. We do not down grade the construction of our multi gym units just because the unit may end up in a light commercial application

...Two low pulleys (one below the leg press fitted with foot plates for seated cable row besides many other cable exercises. The second located at the base of the leg extension/leg curl

...One high pulley allow for lat pull down, upper back row, triceps extension, etc.

...FFLA Multi Press: Free Floating Lever Arms Multi Press. This system is identical to that provided as a free standing units. The system allows the user to perform: incline press, standard bench press, decline press, and chest supported lever row. The free floating lever arms allow for a training effect that mimics that achieved with free weight training programs.

...Pec fly/reverse fly

...Leg extension/standing leg curl

...Seated and prone leg press

...Lever based shoulder press

