

ST SERIES

ST5420 G542

BH

R.R.P.

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Strength

Complete power tower that allows you to exercise all the upper body muscles. Reinforced structure and non-absorbent rubber handles. Enjoy the benefits of having a fitness machine at home.



- Max. user weight: 100kg
- Weight: 35,5kg
- Dimensions: 111cm x 108cm x 207cm
- Max. dynamic tension / load: 100kg



DIPS

Dips are intense and effective isolation exercises that help develop powerful and defined triceps.



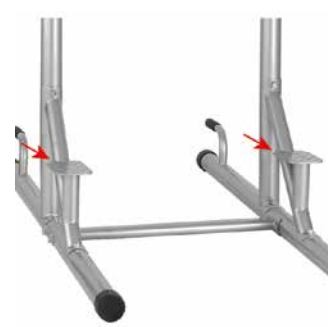
CHIN-UP

One of the benefits of chin-ups is this exercise's ability to strengthen a significant number of muscles with each repetition.



PUSH-UP

With just one simple exercise, you'll work several different muscle groups, and you can continue to increase the difficulty of the exercise.



STEPS

Ensure an easy access to the machine.