

REAL MOTION

THE FUNCTIONAL COMPANY

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SH-02

Multifunctional machine

TECHNICAL SPECIFICATIONS:

Multifunction machine that allows you to work the muscles of the whole body. Ideal for strength training. It allows you to perform more than 35 different exercises. Its high performance, ease of use and robustness make it an indispensable element for quality training, both at home and in homeowners' associations, hotels and small fitness centres.

- Reinforced steel chassis.
- Includes dorsal handlebars and grips.
- Pictogram with basic work stations.
- Working load: 90 kg.
- Maximum user weight 170 kg.
- Dimensions: 162 x 100 x 210 cm.
- Weight: 205 kg.
- Intensive use,

BASIC WORKSTATIONS:

- 1 Leg extension.
- 2 Chest press
- 3 Upper pulley for pull-up exercises, dorsal, triceps, biceps...
- 4 Seated rowing
- 5 Pectoralis

In addition, the lateral articulated arms allow you to extend the work possibilities by performing multiple exercises for toning the upper and lower trunk.

Dimensions: 209x133x213 cm.

OPTIONAL:

- HORIZONTAL LEG PRESS
- HEIGHT ADJUSTABLE PULLEY





SH-05

Sissy bench

TECHNICAL SPECIFICATIONS:

- Bench specially designed for quadriceps work.
- Great stability.
- Non-slip platform.
- Adjustable footrest rollers (5 adjustment positions).
- Padded platform to comfortably support your calves. Allows height adjustment based on the user's height (3 adjustment positions).
- Attachments for resistance bands.
- Grip and wheels for easy transportation.
- Dimensions: 104x45x42 cm.
- Weight: 15 kg.
- Intensive use.





SH-08

Double wall pulley

TECHNICAL SPECIFICATIONS:

- Double pulley specially designed for home and non-intensive activity centers such as physical therapy centers, hotels, and corporate gyms.
- Its sturdy aluminum structure and built-in wiring offer durability and safety with every repetition.
- It requires very little space and is very easy to assemble.
- The polished aluminum end caps act as a mirror while protecting the plate assembly.
- Aluminum pulleys with ball bearings.
- Double pulley output.
- Grip handles included.
- Consists of 24 2.5" plates, allowing for progressive and customized loading.
- Load selector.
- Maximum working load: 60 kg.
- Dimensions: 200 x 86 x 11 cm.
- **IMPORTANT:** The machine does not include screws or wall anchors. Ensure that the appropriate screws and anchors are used for each type of wall.
- Semi-intensive use.

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Due to constant innovation of our items, technical details of this item may slightly differ.





SH-10

Multifunction double V-pulley

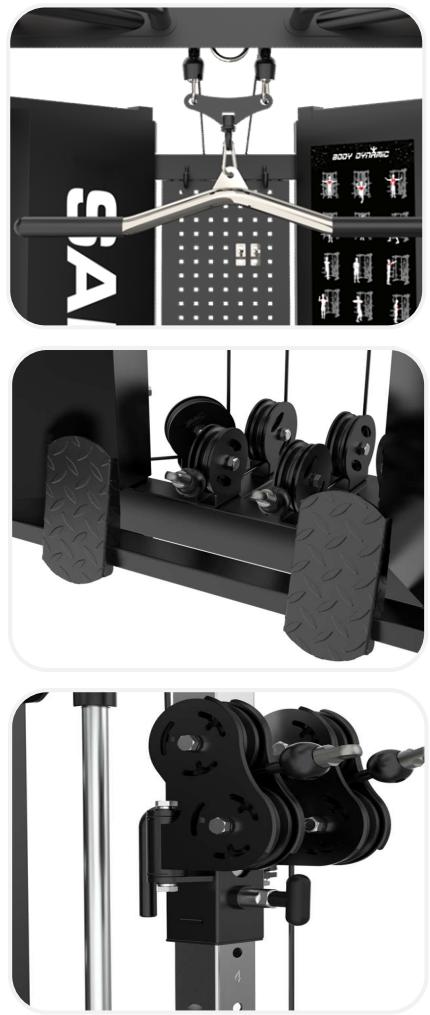
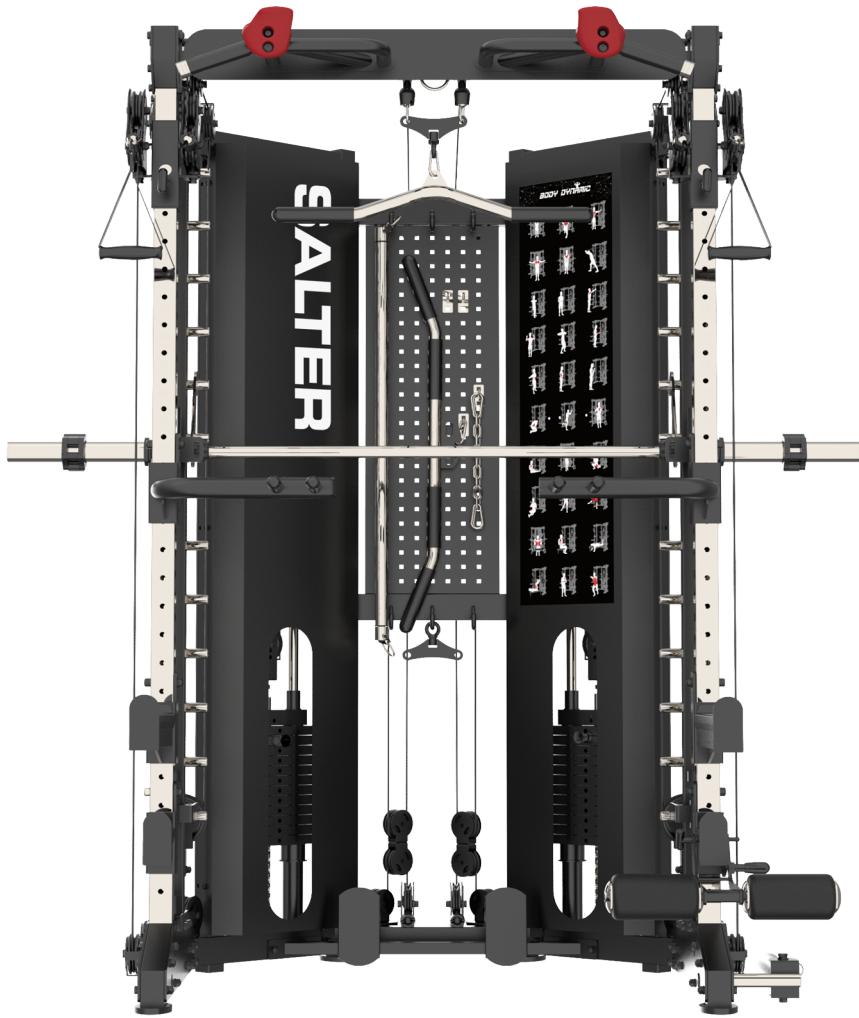
TECHNICAL SPECIFICATIONS:

- Multifunction machine that allows working the muscles of the whole body. Ideal for strength training. The freedom of movement offered by pulley work swivel allows you to do countless exercises.
- Chassis made of oval steel tube.
- Aluminum regulation guides.
- Cable transmission.
- Independent pulleys.
- It includes 2 rotating pulley handles.
- Double grips on the top for pull-ups and suspension work
- Adjustable central support.
- Working load: 100 kg + 100 kg.
- Resistance ratio: 1: 1
- Maximum user weight 170 kg.
- Weight: 365 kg.
- Dimensions: 160x100x220 cm.
- Intensive use.

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SH-21

Smith machine

TECHNICAL SPECIFICATIONS:

- Multifunction machine that allows you to work the muscles of the entire body. Ideal for strength training. It enables the performance of more than 35 different exercises. Its high performance, ease of use, and robustness make it an essential element for quality training, whether at home, in residential communities, hotels, or small fitness centers.
- Reinforced steel chassis.
- Includes multiple accessories that increase training possibilities.
- Linear bearings that provide great smoothness of movement and require no maintenance.
- Aluminum bar for 50 mm diameter weight plates.
- Height-adjustable rotating pulleys.
- Dip bar.
- Pull-up bar and grip.
- Vertical posts with position numbering to facilitate element adjustments.
- Safety bars for the barbell when working with free weights.
- Height-adjustable safety stop for secure barbell work.
- Barbell attachment point (includes grip to connect to the bar).
- Height-adjustable support rollers.
- Elastic band attachment at the top.
- Barbell holder on the back of the machine.
- Hooks for storing accessories when not in use.
- Exercise chart pictogram.
- Workout load: 90 kg + 90 kg.
- Resistance ratio:
- Pulley ratio: 1:1 and 1:2
- Row and lat pulldown: 1:1
- Maximum user weight: 170 kg.
- Dimensions: 224 x 153 x 190 cm.
- Intensive use.





SH-40

SMITH Multifunction Machine

TECHNICAL SPECIFICATIONS:

- Multifunctional machine that allows you to work all the muscles of your entire body. Ideal for strength training. Allows you to perform more than 35 different exercises. Its high performance, ease of use, and robust construction make it an indispensable piece of equipment for quality training, both at home and in apartment complexes, hotels, and fitness centers.
- Reinforced steel frame.
- Allows for simultaneous use by two people, one on each side of the machine.
- Includes a wide variety of accessories that expand the range of exercises.
- Linear bearings that offer smooth movement and require no maintenance.
- 50 mm diameter weight plate holder.
- Height-adjustable rotating pulleys.
- 5 mm safety hooks.
- Dip bar.
- Pull-up bar.
- Numbered vertical posts for easy adjustment of components.
- Safety bars for the bar when working with free weights.
- Height-adjustable safety stop on the Multipower bar to ensure safe operation. Landmine barbell anchor (includes barbell attachment).
- Height-adjustable leg rests.
- Resistance band attachment point at the top.
- 2 side weight plate holders.
- Barbell holder.
- Working load: 90 kg + 90 kg.
- Resistance ratio: 2:1
- Weight: 438 kg.
- Dimensions: 162 x 204 x 220 cm.
- Intensive use.



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