



Shoulder Press - Lat Pull

MC15

- Facilitates upper body push and pull movements in the frontal plane.
- Seat design offers stability and comfort and supports optimal posture.
- Easy Grips help users maintain neutral, proper form during exercise.

Muscles:
 - Deltoid
 - Trapezius
 - Latissimus dorsi

Length:	mm	970	in	38
Width:	mm	780	in	31
Height:	mm	1870	in	74
Machine Weight:	kg	48	lbs	106



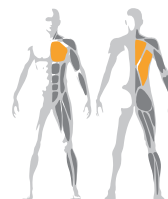
Chest - Back

MC20

- Facilitates upper body push and pull movements in the sagittal plane .
- Seat design offers stability and comfort and supports optimal posture.
- Easy Grips help users maintain neutral, proper form during exercise.

Muscles:
 - Pectorals
 - Latissimus dorsi
 - Rhomboids

Length:	mm	1210	in	48
Width:	mm	820	in	32
Height:	mm	1270	in	50
Machine Weight:	kg	44	lbs	97



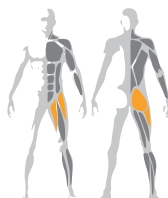
Hip Adductor - Abductor

MC05

- Facilitates lower body adduction and abduction movements .
- Seat design offers stability and comfort and supports optimal posture.
- Easy fit retaining cuff accommodates all user sizes without adjustments.

Muscles:
 - Tensor Fasciae latae
 - Gluteus
 - Adductors

Length:	mm	1400	in	55
Width:	mm	780	in	31
Height:	mm	1430	in	56
Machine Weight:	kg	49	lbs	108



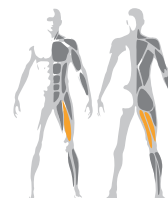
Leg Extension - Leg Curl

MC30

- Facilitates flexion and extension movements at the knee .
- Seat design offers stability and comfort and supports optimal posture.
- The anatomic shape of the knee support pad minimizes pressure on the knee.
- Dual rollers help the user maintain the exercise position during the entire range of motion.
- This machine includes an Easy Pad to properly support smaller users.

Muscles:
 - Quadriceps
 - Hamstrings

Length:	mm	1490	in	59
Width:	mm	1110	in	44
Height:	mm	1500	in	59
Machine Weight:	kg	52	lbs	115

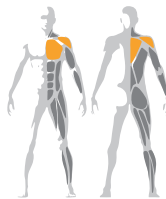




Pec Dec - Fly MC70

- Facilitates upper body abduction and adduction movements .
- Seat design offers stability and comfort and supports optimal posture.
- Easy fit retaining cuffs ensure a comfortable exercise position for users of any size.

Muscles:
 - Pectorals
 - Rhomboids
 - Deltoid



Length:	mm	950	in	37
Width:	mm	1220	in	48
Height:	mm	1270	in	50
Machine Weight:	kg	52	lbs	115



Biceps - Triceps MC55

- Facilitates flexion and extension at the elbow in the sagittal plane.
- Seat design offers stability and comfort and supports optimal posture .
- Foot platform provides support for shorter users.
- Concave elbow support pad aligns joint during exercise.
- Retaining rollers ensure a comfortable position for all users.

Muscles:
 - Biceps
 - Triceps



Length:	mm	1126	in	44
Width:	mm	930	in	37
Height:	mm	944	in	37
Machine Weight:	kg	41	lbs	90



Squat MC01

- Facilitates bending to extension movements from a standing position.
- Back support ensures correct posture for the spinal column during movement.
- Non-slip platform is angled to take vertical load off the back and knees.

Muscles:
 - Quadriceps
 - Gluteus
 - Hamstrings



Length:	mm	1800	in	71
Width:	mm	780	in	31
Height:	mm	1300	in	51
Machine Weight:	kg	65	lbs	143



Leg Press MC50

- Facilitates bending to extension movements from a seated position.
- Open angle between seat and backrest accommodates larger users.
- Wide foot platform allows for a variety of workout positions.
- Pre-start system reduces knee flexion at the beginning of the ROM.
- This machine includes an Easy Pad to properly support smaller users.

Muscles:
 - Quadriceps
 - Gluteus
 - Hamstrings
 - Gastrocnemius
 - Soleus



Length:	mm	2030	in	80
Width:	mm	780	in	31
Height:	mm	1370	in	54
Machine Weight:	kg	80	lbs	176



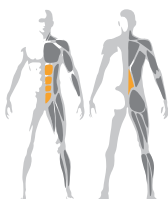
Abdominal - Back

MC65

- Facilitates flexion and extension in the sagittal plane.
- Seat design offers stability and comfort and supports optimal posture.
- Shoulder rests adapt to fit all users.

Muscles:
- Abdominal rectus
- Erector spinae

Length:	mm	1300	in	51
Width:	mm	1110	in	44
Height:	mm	1130	in	44
Machine Weight:	kg	53	lbs	117



Easy Lamp and programs

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The Easy Lamp arrives pre-loaded with four programs:

Program	Green Light	Red Light	Repetition
1:	30 sec.	5 sec.	Cyclic
2:	45 sec.	5 sec.	Cyclic
3:	60 sec.	10 sec.	Cyclic
4:	75 sec.	15 sec.	Cyclic

The facility can adjust the time settings based on their own program structure. The lamp is powered by a rechargeable battery (each charge lasts 20 hours) or by direct plug in.

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Easy Pad

- The Leg Extension/Leg Curl and Leg Press stations are equipped with a removable Easy Pad. Shorter users can insert the pad to help them find a comfortable and effective training position.

Pad Holder

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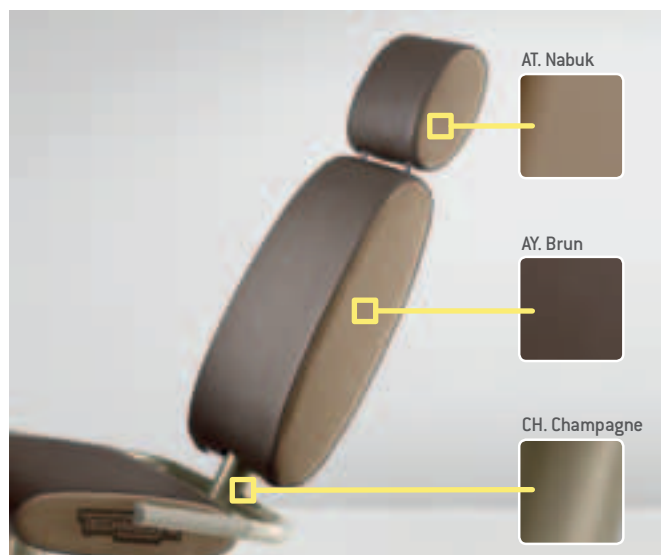
- This accessory can be ordered separately to store the Easy Pad.

Step

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- The step is an interval station tool to be placed between EASY LINE equipment.
- The polyurethane material absorbs impact to reduce joint trauma.

Length:	mm	864	in	34
Width:	mm	382	in	15
Height:	mm	100	in	4
Weight:	kg	5	lbs	11



FRAME AND UPHOLSTERY

The extremely durable tubular frame is 76 mm in diameter and 2.5 mm thick.

EASY LINE equipment is only available with a Champagne frame and Nabuck and Brun upholstery combination. The seat and the backrest are always Brun and the lateral sides are always Nabuck.