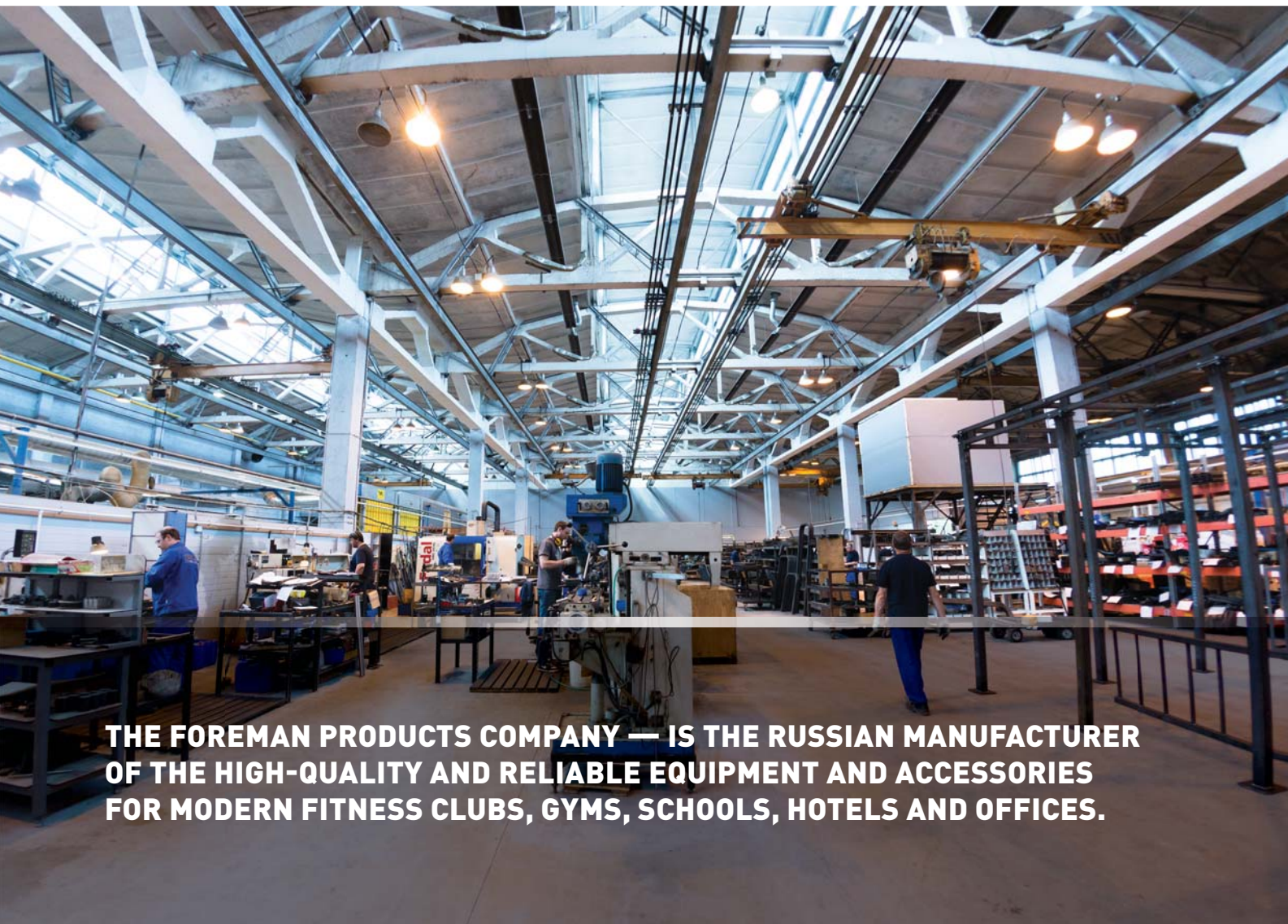




## STRENGTH EQUIPMENT

**FOREMAN<sup>®</sup>**  
fitness products

DEDICATED TO DETAIL



**THE FOREMAN PRODUCTS COMPANY — IS THE RUSSIAN MANUFACTURER OF THE HIGH-QUALITY AND RELIABLE EQUIPMENT AND ACCESSORIES FOR MODERN FITNESS CLUBS, GYMS, SCHOOLS, HOTELS AND OFFICES.**

**The manufacture develops few main activity areas:**

- Strength equipment design and manufacturing;
- Creation and manufacture of multi-stations and suspensions, equipment for martial arts and progressive fitness areas: antigravity yoga, crossfit, workout and others;
- Development and manufacture of sports equipment for street sports grounds, campuses and gazebos, equipment can be installed in the courtyards of residential buildings, schools, educational institutions, sports facilities;
- Design and production of unique furniture of the new generation of patented vandal-proof construction made of eco-friendly layered plastic HPL;
- Comprehensive fitting out of gyms;
- Manufacturing and assembly fixed dumbbells, barbells and other free weights;
- Organization of access control to the premises using the radio electronic system Gantner;

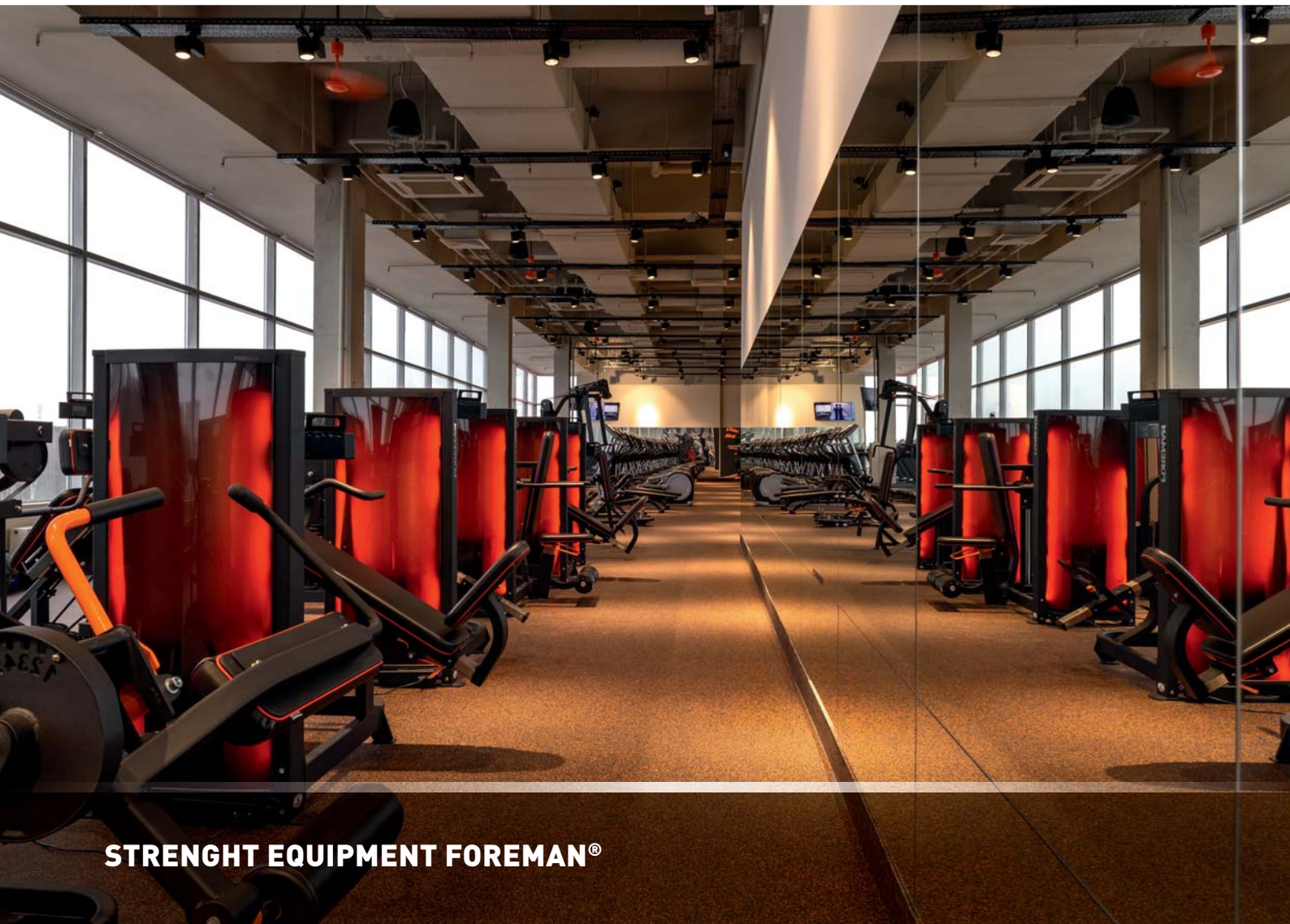
Engineered by an industry leader, Dennis Phelps, having 25 years experience in creating and designing strength equipment in the U.S., our machines utilize only quality components from reliable vendors. We listen to needs of our customers, follow industry trends, creating new models, inventing new products, improving industry standards.

Our products are well recognized globally and we are proud to count such brands as Crunch, UFC, Hard Candy, Fitness First and many others among our customers.

We invite you to explore our product range and join the club of Foreman fans. You will appreciate our dedication to detail.

Yours, The FOREMAN Products Team





## **STRENGHT EQUIPMENT FOREMAN®**

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## // NOTION SELECTORIZED PREMIUM LINE

**FOREMAN**<sup>®</sup>  
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### FN-101 LEG EXTENSION

DIMENSIONS (LxWxH), cm: 112x89x159  
MACHINE WEIGHT, kg: 218  
STACK WEIGHT, kg: 114

- Two-plane foot rest adjustment with Pull-Pin system.
- Cam mechanism provides variable resistance throughout the movement.



### FN-102 SEATED LEG CURL

DIMENSIONS (LxWxH), cm: 89x115x137  
MACHINE WEIGHT, kg: 190  
STACK WEIGHT, kg: 95

- Improved ergonomics.
- Innovative seat and foot rest adjustment system.
- Cam mechanism provides variable resistance throughout the movement.



### FN-103 LYING LEG CURL

DIMENSIONS (LxWxH), cm: 91x139x137  
MACHINE WEIGHT, kg: 225  
STACK WEIGHT, kg: 95

- Pull-Pin handlebars and foot rest adjustment.
- Cam mechanism provides variable resistance throughout the movement.



### FN-104 STANDING LEG CURL

DIMENSIONS (LxWxH), cm: 125x90x137 cm  
MACHINE WEIGHT, kg: 190  
STACK WEIGHT, kg: 68

- Foot rest adjustment with Pull-Pin system.
- There is a roller pad for the ankles



// NOTION SELECTORIZED PREMIUM LINE



**FN-108**  
SEATED LEG PRESS

DIMENSIONS (LxWxH), cm: 70x196x172 cm  
MACHINE WEIGHT, kg: 366  
STACK WEIGHT, kg: 141

- Nonlinear movement curve for even workload throughout the movement.
- Additional handles for a more comfortable workout.
- Comfortable seat



**FN-110**  
ANGLED SEATED CALF

DIMENSIONS (LxWxH), cm: 125x81x139  
MACHINE WEIGHT, kg: 227  
STACK WEIGHT, kg: 141

- Easy seat adjustment.



**FN-117**  
GLUTE MACHINE

DIMENSIONS (LxWxH), cm: 82x122x137  
MACHINE WEIGHT, kg: 175  
STACK WEIGHT, kg: 68

- Improved ergonomics and biomechanics.
- Easy elbow supports height adjustment.
- Pivoted knee support for the maximum isolation of the right and left gluteus muscles.
- Nonlinear movement curve focuses the workload on gluteus while isolating the thighs.
- Quick and easy user height adjustment.



**FN-120**  
HIP ADDUCTOR

DIMENSIONS (LxWxH), cm: 70x130x137  
MACHINE WEIGHT, kg: 233  
STACK WEIGHT, kg: 95

- Comfortable Pull-Pin abduction arms adjustment.
- ROM mechanism.



**FN-121**  
HIP ABDUCTOR

DIMENSIONS (LxWxH), cm: 70x130x137  
MACHINE WEIGHT, kg: 233  
STACK WEIGHT, kg: 95

- Comfortable Pull-Pin abduction arms adjustment.
- ROM mechanism.



**FN-201**  
BICEP CURL

DIMENSIONS (LxWxH), cm: 92x103x137  
MACHINE WEIGHT, kg: 212  
STACK WEIGHT, kg: 95

- Button key control for easy seat adjustment.
- Cam mechanism provides variable resistance throughout the movement.
- Comfortable V-grip.



**FN-204**  
TRICEP EXTENSION

DIMENSIONS (LxWxH), cm: 90x120x150  
MACHINE WEIGHT, kg: 182  
STACK WEIGHT, kg: 68

- Improved ergonomics and biomechanics.
- Classic hand support.
- Adjustable back support with the pivoted platform.
- Button key control for easy seat adjustment.
- Cam mechanism provides variable resistance throughout the movement.



**FN-301**  
LAT PULL DOWN

DIMENSIONS (LxWxH), cm: 103x171x192  
MACHINE WEIGHT, kg: 263  
STACK WEIGHT, kg: 96

- Improved ergonomics and biomechanics.
- Innovative upper arms mechanism featuring improved movement pattern.
- Separate adjustments of starting position for the right and left arms.



**FN-302**  
LOW ROW

Габариты (ДxШxВ), cm: 190x100x159  
MACHINE WEIGHT, kg: 233  
STACK WEIGHT, kg: 95



### FN-303

#### SEATED ROW

DIMENSIONS (LxWxH), cm: 104x150x159  
MACHINE WEIGHT, kg: 247  
STACK WEIGHT, kg: 141

- Pull-Pin arms position adjustment.
- Button key control for easy seat height adjustment.



### FN-305

#### LOW BACK

Габариты (ДxШxВ), cm: 118x101x149  
MACHINE WEIGHT, kg: 211  
STACK WEIGHT, kg: 95

- Pull-Pin foot and back supports adjustment.
- Cam mechanism provides variable resistance throughout the movement.



### FN-306

#### PULLOVER

DIMENSIONS (LxWxH), cm: 116x129x158  
MACHINE WEIGHT, kg: 238  
STACK WEIGHT, kg: 113

- "Quick Start" feature (foot control for starting position set-up).



### FN-315

#### REAR DELT/PEC FLY

Габариты (ДxШxВ), cm: 158x130x194  
MACHINE WEIGHT, kg: 222  
STACK WEIGHT, kg: 95

- Pull-pin seat and ROM adjustment.
- Protect pad 30 мм.



### FN-401

#### ЖИМ ОТ ГРУДИ / CHEST PRESS

DIMENSIONS (LxWxH), cm: 120x126x159  
MACHINE WEIGHT, kg: 197  
STACK WEIGHT, kg: 82

- Button key control for easy seat height adjustment.
- "Quick Start" feature (foot control for starting position set-up).
- Improved ergonomics of arms design.



### FN-402

#### INCLINE CHEST PRESS

DIMENSIONS (LxWxH), cm: 158x125x137  
MACHINE WEIGHT, kg: 153  
STACK WEIGHT, kg: 82

- Improved ergonomics of arms design.



### FN-404

#### SHOULDER PRESS

DIMENSIONS (LxWxH), cm: 127x129x137  
MACHINE WEIGHT, kg: 198  
STACK WEIGHT, kg: 95

- Improved ergonomics and biomechanics.
- Pull-Pin arms position adjustment.
- Button key control for easy seat height adjustment.



### FN-405

#### SHOULDER PRESS

DIMENSIONS (LxWxH), cm: 96x110x137  
MACHINE WEIGHT, kg: 210  
STACK WEIGHT, kg: 95



### FN-406

#### DIP MACHINE

DIMENSIONS (LxWxH), cm: 96x110x137  
MACHINE WEIGHT, kg: 210  
STACK WEIGHT, kg: 95

- Easy seat adjustment.



### FN-407

#### PEC FLY

DIMENSIONS (LxWxH), cm: 131x122x152  
MACHINE WEIGHT, kg: 241  
STACK WEIGHT, kg: 86

- Button key control for easy seat height adjustment.
- "Quick Start" feature (foot control for starting position set-up).
- Cam mechanism provides variable resistance throughout the movement.





**FN-501**  
ABDOMINAL ISOLATOR

DIMENSIONS (LxWxH), cm: 122x110x145  
MACHINE WEIGHT, kg: 224  
STACK WEIGHT, kg: 95

- Improved ergonomics and biomechanics.
- Pull-Pin foot rest adjustment.



**FN-502**  
TORSO ROTATION

DIMENSIONS (LxWxH), cm: 126x82x140  
MACHINE WEIGHT, kg: 211  
STACK WEIGHT, kg: 95

- Improved ergonomics of arms design.
- Easy seat adjustment..



**SPECIFICATIONS**

Артикул	Название	DIMENSIONS, cm			WEIGHT, kg	
		Lenght	Width	Height	Machine	Stack
FN-101	LEG EXTENSION	89	112	159	218	114
FN-102	SEATED LEG CURL	89	115	137	190	95
FN-103	STANDING LEG CURL	91	169	137	225	95
FN-104	LATERAL RAISE	125	90	137	190	68
FN-108	SEATED LEG PRESS	70	196	172	366	141
FN-110	ANGLED SEATED CALF	125	81	139	227	141
FN-117	GLUTE MACHINE	82	122	137	175	68
FN-120	HIP ADDUCTOR	70	130	137	233	95
FN-121	HIP ABDUCTOR	70	130	137	233	95
FN-201	BICEP CURL	92	103	137	212	95
FN-204	TRICEP EXTENSION	90	120	150	182	69
FN-301	LAT PULL DOWN	103	171	192	263	96
FN-302	LOW ROW	190	100	159	233	95
FN-303	SEATED ROW	104	150	159	247	141
FN-305	LOW BACK	118	101	149	211	95
FN-306	PULLOVER	116	129	158	238	113
FN-315	REAR DELT/PEC FLY	158	130	194	222	95
FN-401	SEATED CHEST PRESS	120	126	159	197	82
FN-402	INCLINE CHEST PRESS	158	125	137	153	82
FN-404	SHOULDER PRESS	127	129	137	198	95
FN-405	LATERAL RAISE	96	110	137	210	95
FN-406	DIP MACHINE	156	104	137	233	95
FN-407	PEC FLY	131	122	152	241	86
FN-501	ABDOMINAL ISOLATOR	122	110	145	224	95
FN-502	TORSO ROTATION	126	82	140	211	95

**// STANDARD SELECTORIZED LINE**



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**FS-101**  
LEG EXTENSION

DIMENSIONS (LxWxH), cm: 140x90x140  
MACHINE WEIGHT, kg: 218  
STACK WEIGHT, kg: 113



**FS-102**  
SEATED LEG CURL

DIMENSIONS (LxWxH), cm: 146x80x140  
MACHINE WEIGHT, kg: 210  
STACK WEIGHT, kg: 96



**FS-103**  
LYING LEG CURL

DIMENSIONS (LxWxH), cm: 88x177x140  
MACHINE WEIGHT, kg: 221  
STACK WEIGHT, kg: 96



**FS-104**  
STANDING LEG CURL

DIMENSIONS (LxWxH), cm: 125x80x140  
MACHINE WEIGHT, kg: 190  
STACK WEIGHT, kg: 68

**FS-110**  
ANGLED SEATED CALF

DIMENSIONS (LxWxH), cm: 134x93x140  
MACHINE WEIGHT, kg: 255  
STACK WEIGHT, kg: 143

•

**FS-112**  
STANDING CALF

DIMENSIONS (LxWxH), cm: 61x98x194  
MACHINE WEIGHT, kg: 270  
STACK WEIGHT, kg: 96

**FS-117**  
GLUTE MACHINE

DIMENSIONS (LxWxH), cm: 140x82x140  
MACHINE WEIGHT, kg: 175  
STACK WEIGHT, kg: 68

**FS-120**  
HIP ADDUCTOR

DIMENSIONS (LxWxH), cm: 126x101x140  
MACHINE WEIGHT, kg: 209  
STACK WEIGHT, kg: 96







**FS-121**  
HIP ABDUCTOR

DIMENSIONS (LxWxH), cm: 126x101x140  
MACHINE WEIGHT, kg: 209  
STACK WEIGHT, kg: 96

**FS-301**  
LAT PULL DOWN

DIMENSIONS (LxWxH), cm: 160x115x240  
MACHINE WEIGHT, kg: 245  
STACK WEIGHT, kg: 141



**FS-201**  
BICEP CURL

DIMENSIONS (LxWxH), cm: 140x101x140  
MACHINE WEIGHT, kg: 184  
STACK WEIGHT, kg: 96

**FS-302**  
LOW ROW

DIMENSIONS (LxWxH), cm: 255x101x240  
MACHINE WEIGHT, kg: 279  
STACK WEIGHT, kg: 141



**FS-203**  
TRICEP EXTENSION

DIMENSIONS (LxWxH), cm: 114x92x140  
MACHINE WEIGHT, kg: 188  
STACK WEIGHT, kg: 96

**FS-303**  
SEATED ROW

DIMENSIONS (LxWxH), cm: 154x92x140  
MACHINE WEIGHT, kg: 203  
STACK WEIGHT, kg: 108



**FS-204**  
TRICEP ISOLATOR

DIMENSIONS (LxWxH), cm: 130x98x140  
MACHINE WEIGHT, kg: 180  
STACK WEIGHT, kg: 96

**FS-305**  
LOW BACK

DIMENSIONS (LxWxH), cm: 125x100x145  
MACHINE WEIGHT, kg: 215  
STACK WEIGHT, kg: 95







**FS-306**  
PULLOVER

DIMENSIONS (LxWxH), cm: 114x120x152  
MACHINE WEIGHT, kg: 245  
STACK WEIGHT, kg: 108

**FS-404**  
SHOULDER PRESS

DIMENSIONS (LxWxH), cm: 127x121x140  
MACHINE WEIGHT, kg: 205  
STACK WEIGHT, kg: 118



**FS-315**  
REAR DELT / PEC FLY

DIMENSIONS (LxWxH), cm: 145x101x205  
MACHINE WEIGHT, kg: 194  
STACK WEIGHT, kg: 96

**FS-405**  
LATERAL RAISE

DIMENSIONS (LxWxH), cm: 102x102x143  
MACHINE WEIGHT, kg: 214  
STACK WEIGHT, kg: 96



**FS-401**  
SEATED CHEST PRESS

DIMENSIONS (LxWxH), cm: 121x125x140  
MACHINE WEIGHT, kg: 221  
STACK WEIGHT, kg: 118

**FS-406**  
DIP MACHINE

DIMENSIONS (LxWxH), cm: 125x102x140  
MACHINE WEIGHT, kg: 273  
STACK WEIGHT, kg: 96



**FS-402**  
INCLINE CHEST PRESS

DIMENSIONS (LxWxH), cm: 170x120x140  
MACHINE WEIGHT, kg: 230  
STACK WEIGHT, kg: 118

**FS-407**  
PEC FLY

DIMENSIONS (LxWxH), cm: 124x122x140  
MACHINE WEIGHT, kg: 221  
STACK WEIGHT, kg: 91







**FS-501**  
ABDOMINAL ISOLATOR

DIMENSIONS (LxWxH), cm: 125x88x140  
MACHINE WEIGHT, kg: 224  
STACK WEIGHT, kg: 96

**FD-202**  
LAT PULL, TRICEP

DIMENSIONS (LxWxH), cm: 121x68x230  
MACHINE WEIGHT, kg: 170  
STACK WEIGHT, kg: 125



**FS-502**  
TORSO ROTATION

DIMENSIONS (LxWxH), cm: 121x102x157  
MACHINE WEIGHT, kg: 225  
STACK WEIGHT, kg: 96

**FD-315**  
REAR DELT, PEC DEC

DIMENSIONS (LxWxH), cm: 120x70x190  
MACHINE WEIGHT, kg: 190  
STACK WEIGHT, kg: 125



**FS-806**  
CHIN/DIP ASSIST

DIMENSIONS (LxWxH), cm: 123x143x230  
MACHINE WEIGHT, kg: 242  
STACK WEIGHT, kg: 96

**FD-403**  
CHEST PRESS, SEATED ROW

DIMENSIONS (LxWxH), cm: 117x100x190  
MACHINE WEIGHT, kg: 170  
STACK WEIGHT, kg: 125



**FS-808**  
SINGLE COLUMN ADJUSTABLE

DIMENSIONS (LxWxH), cm: 117x102x242  
MACHINE WEIGHT, kg: 190  
STACK WEIGHT, kg: 96

**FD-503**  
BICEP, ABDOMINAL

DIMENSIONS (LxWxH), cm: 125x85x190  
MACHINE WEIGHT, kg: 170  
STACK WEIGHT, kg: 105





## // MULTI-STATIONS

// MULTI-STATION



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### FD-890

REAR DELT, PEC DEC, CHEST PRESS, SEATED ROW

DIMENSIONS (LxWxH), cm: 230x100x190

MACHINE WEIGHT, kg: 365

STACK WEIGHT, kg: 105, 125



### FD-891

LAT PULL, BICEP, TRICEP, ABDOMINAL

DIMENSIONS (LxWxH), cm: 240x85x230

MACHINE WEIGHT, kg: 355

STACK WEIGHT, kg: 2x125



### FM-803

ADJUSTABLE CABLE X-OVER

DIMENSIONS (LxWxH), cm: 275x103x240

MACHINE WEIGHT, kg: 424

STACK WEIGHT, kg: 2x96

- Pin-Pull pulley height adjustment.



### FM-808

FUNCTIONAL TRAINER

DIMENSIONS (LxWxH), cm: 405x103x240

MACHINE WEIGHT, kg: 299

STACK WEIGHT, kg: 2x68

- Station occupies a minimum area and employs user-defined paths of motion that allow for a nearly endless variety of strength training options that builds balance and power. The presence of two weight stacks columns allows to set independent resistance for the right and left sides of the body.







**FM-855**  
DUAL ADJUSTABLE PULLEY

DIMENSIONS (LxWxH), cm: 190x104x226  
MACHINE WEIGHT, kg: 299  
STACK WEIGHT, kg: 2x68  
Station occupies a minimum area and employs user-defined paths of motion that allow for a nearly endless variety of strength training options that builds balance and power. The presence of two weight stacks columns allows to set independent resistance for the right and left sides of the body.

**FM-850**  
4-SIDES STATION

DIMENSIONS (LxWxH), cm: 351x370x240  
MACHINE WEIGHT, kg: 792  
STACK WEIGHT, kg: 2x141, 114, 2x96

Station include:  
Low Row;  
Seated Row;  
Lat Pull Down;  
Non-adjustable X-over cable.

**FM-850.1**  
4-SIDES STATION

Габариты (ДxШxВ), cm: 351x370x240  
MACHINE WEIGHT, kg: 792  
STACK WEIGHT, kg: 2x141, 114, 2x96  
Station include 4 working areas.  
Rear Delt / Pec Fly;  
Lat Pull Down / Low Row;  
Leg Extension / Standing Leg Curl;  
Adjustable Hi / Lo Pulley.

**FM-851**  
ARMY 4-SIDES STATION

DIMENSIONS (LxWxH), cm: 310x300x232,5  
MACHINE WEIGHT, kg: 750  
STACK WEIGHT, kg: 68, 3x96

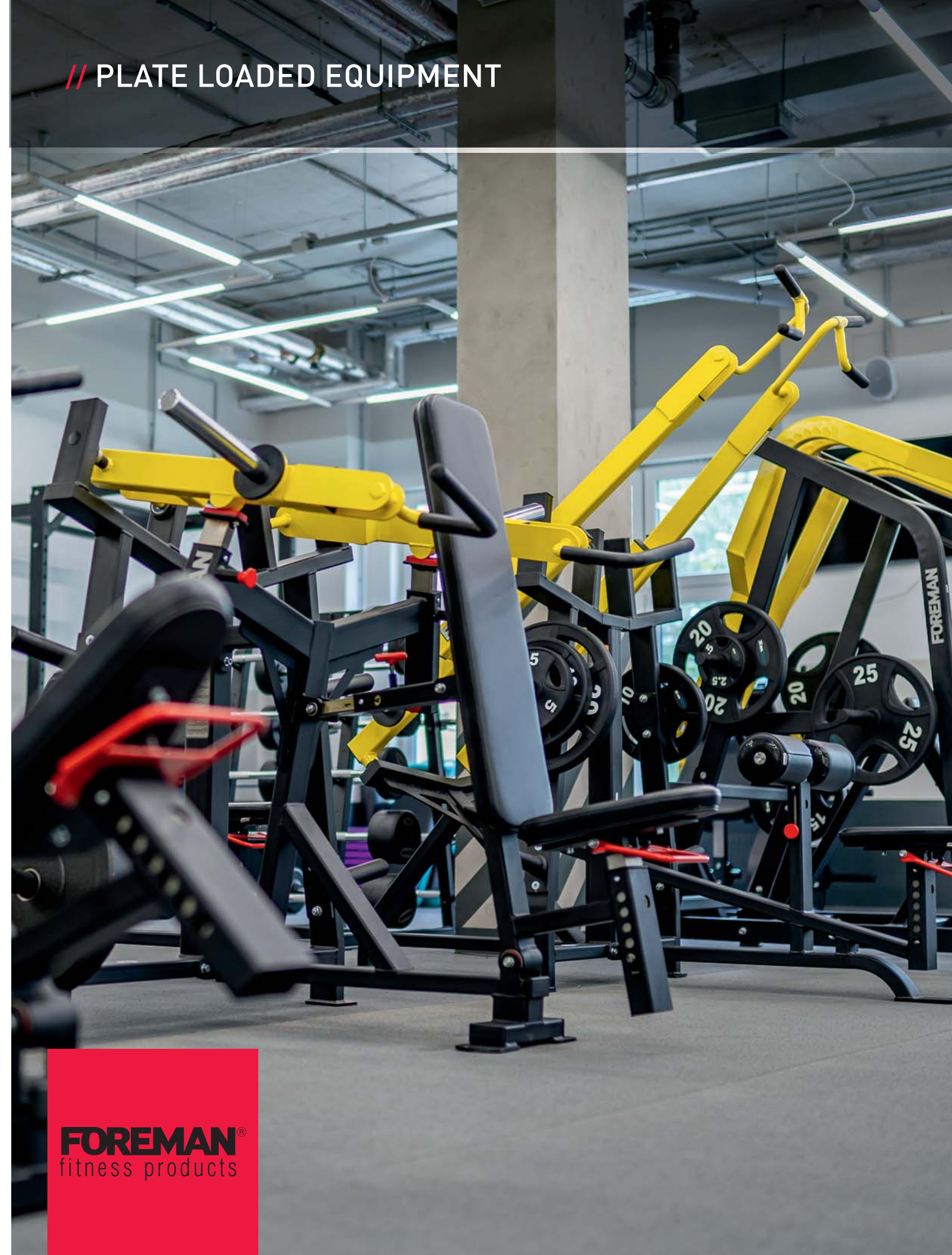
Station include 4 working areas.  
Rear Delt / Pec Fly;  
Lat Pull Down / Low Row;  
Leg Extension / Standing Leg Curl;  
Adjustable Hi / Lo Pulley.

**FM-852**  
8-SIDES STATION

DIMENSIONS (LxWxH), cm: 445x356x240  
MACHINE WEIGHT, kg: 1350  
STACK WEIGHT, kg: 4x141, 2x96, 2x114

Station include:  
Lat Pull Down;  
Low Row;  
Tricep;  
Non-adjustable X-over cable;  
Handles.

## // PLATE LOADED EQUIPMENT



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**FP-105**  
LEG PRESS

DIMENSIONS (LxWxH), cm: 196x173x133  
MACHINE WEIGHT, kg: 213



**FP-106**  
HACK SQUAT

DIMENSIONS (LxWxH), cm: 193x173x133  
MACHINE WEIGHT, kg: 211



**FP-111**  
SEATED CALF

DIMENSIONS (LxWxH), cm: 138x58x78  
MACHINE WEIGHT, kg: 45



**FP-309**  
T-ROW

DIMENSIONS (LxWxH), cm: 215x66x57  
MACHINE WEIGHT, kg: 75



**FP-310**  
INCLINE LEVER ROW

DIMENSIONS (LxWxH), cm: 180x96x124  
MACHINE WEIGHT, kg: 89



**FP-804**  
SMITH MACHINE (STRAIGHT)

DIMENSIONS (LxWxH), cm: 222x140x206  
MACHINE WEIGHT, kg: 233



**FP-805**  
SMITH MACHINE (INCLINE)

DIMENSIONS (LxWxH), cm: 222x140x206  
MACHINE WEIGHT, kg: 238



**FG-601**  
LAT PULL DOWN

DIMENSIONS (LxWxH), cm: 163x128x218  
MACHINE WEIGHT, kg: 149



**FG-602**  
SEATED ROW

DIMENSIONS (LxWxH), cm: 153x178x197  
MACHINE WEIGHT, kg: 203



**FG-608**  
LAT PULL DOWN

DIMENSIONS (LxWxH), cm: 205x136x198  
MACHINE WEIGHT, kg: 140



**FG-609**  
SEATED CHEST PRESS

DIMENSIONS (LxWxH), cm: 154x137x140v  
MACHINE WEIGHT, kg: 120  
MACHINE WEIGHT, kg: 145



**FG-610**  
HOULDER PRESS

DIMENSIONS (LxWxH), cm: 128x154x136  
MACHINE WEIGHT, kg: 116



**FG-611**  
INCLINE CHEST PRESS

DIMENSIONS (LxWxH), cm: 165x154x134  
MACHINE WEIGHT, kg: 120



**FG-612**  
PLATE LOADED ISO LATERAL ROW

DIMENSIONS (LxWxH), cm: 134x191x131  
MACHINE WEIGHT, kg: 130



**FG-613**  
SHRUG/DEAD LIFT

DIMENSIONS (LxWxH), cm: 175x168x84  
MACHINE WEIGHT, kg: 105



**FG-615**  
PLATE LOADED DIP

DIMENSIONS (LxWxH), cm: 214x125x98  
MACHINE WEIGHT, kg: 148





## // FREE WEIGHT STATIONS



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// FREE WEIGHT EQUIPMENT

### FW-202 PREACHER CURL (SEATED)

DIMENSIONS (LxWxH), cm: 123x82x91  
MACHINE WEIGHT, kg: 40



### FW-208 PREACHER CURL (STANDING)

DIMENSIONS (LxWxH), cm: 88x126x130  
MACHINE WEIGHT, kg: 50



### FW-410 OLYMPIC BENCH

DIMENSIONS (LxWxH), cm: 178x176x140  
MACHINE WEIGHT, kg: 95



### FW-411 OLYMPIC INCLINE BENCH

DIMENSIONS (LxWxH), cm: 183x176x154  
MACHINE WEIGHT, kg: 132







**FW-412**  
OLYMPIC DECLINE BENCH

DIMENSIONS (LxWxH), cm: 200x176x139  
MACHINE WEIGHT, kg: 121



**FW-413**  
OLYMPIC MILITARY BENCH

DIMENSIONS (LxWxH), cm: 170x125x170  
MACHINE WEIGHT, kg: 117



**FW-807**  
POWER CAGE

DIMENSIONS (LxWxH), cm: 143x174x239  
MACHINE WEIGHT, kg: 208



**FW-819**  
SQUAT RACK

DIMENSIONS (LxWxH), cm: 158x178x178  
MACHINE WEIGHT, kg: 147

**FW-820**

POWER PLATFORM

DIMENSIONS (LxWxH), cm: 135x128x165  
MACHINE WEIGHT, kg: 140



**FY-420.1**  
2-STATION CAGE WITH PLATFORMS

DIMENSIONS (LxWxH), cm: 660x260x240  
MACHINE WEIGHT, kg: 950 kg





## // BENCHES AND RACKS



**FOREMAN**<sup>®</sup>  
fitness products

DEDICATED TO DETAIL

### FW-115 GLUTE BENCH

DIMENSIONS (LxWxH), cm: 207x101x140  
MACHINE WEIGHT, kg: 110



### FW-116 SQUAT BENCH

Габариты (ДxШxB), cm: 107x63x39-54  
MACHINE WEIGHT, kg: 35



### FW-308 HYPEREXTENSION

DIMENSIONS (LxWxH), cm: 116x88x72  
MACHINE WEIGHT, kg: 44



### FW-311 HORIZONTAL BACK EXTENSION

DIMENSIONS (LxWxH), cm: 123x89x93  
MACHINE WEIGHT, kg: 35



### FW-511 AB CRUNCH BENCH

DIMENSIONS (LxWxH), cm: 150x60x149  
MACHINE WEIGHT, kg: 68







**FW-512**  
AB CRUNCH EASY BENCH

DIMENSIONS (LxWxH), cm: 156x61x102  
MACHINE WEIGHT, kg: 68

**FW-704**  
ROMAN BENCH

DIMENSIONS (LxWxH), cm: 115x77x78  
MACHINE WEIGHT, kg: 35



**FW-701**  
FLAT BENCH

DIMENSIONS (LxWxH), cm: 120x60x50  
MACHINE WEIGHT, kg: 33

**FW-801**  
VERTICAL LEG RAISE / DIP

DIMENSIONS (LxWxH), cm: 118x70x168  
MACHINE WEIGHT, kg: 72



**FW-702**  
SUPERBENCH

DIMENSIONS (LxWxH), cm: 139x62x47  
MACHINE WEIGHT, kg: 54

**FW-802**  
CHIN / DIP / LEG RAISE

DIMENSIONS (LxWxH), cm: 130x129x254  
MACHINE WEIGHT, kg: 64



**FW-703**  
UTILITY BENCH

DIMENSIONS (LxWxH), cm: 80x60x92  
MACHINE WEIGHT, kg: 16

**FW-803**  
EASY LEG RAISE

DIMENSIONS (LxWxH), cm: 123x83x166  
MACHINE WEIGHT, kg: 75







**FW-815**  
FREE STANDING DIP

DIMENSIONS (LxWxH), cm: 150x75x134  
MACHINE WEIGHT, kg: 55



**FR-872.1**  
LIFTING PLATFORM

DIMENSIONS (LxWxH), cm: 223x249x8,5  
MACHINE WEIGHT, kg: 280



**FR-872.2**  
INSERT PLATFORM FOR POWER CAGE

DIMENSIONS (LxWxH), cm: 304x249x7,7  
MACHINE WEIGHT, kg: 307

- Insert platform for FW-807 Power Cage.



**FR-872.3**  
INSERT PLATFORM FOR NON-STANDARD POWER CAGES

DIMENSIONS (LxWxH), cm: 305x249x7,7  
MACHINE WEIGHT, kg: 317

- For any FOREMAN® power cage

**FY-1055.15**  
BENCH FOR 8 PAIRS

DIMENSIONS (LxWxH), cm: 124x43x57  
MACHINE WEIGHT, kg: 69

- Dumbbells are not included.





## STANDART COLOR OF FOREMAN® EQUIPMENT

### STANDART PALETTE OF FRAMES



WT  
БЕЛЫЙ  
WHITE



SW  
СВЕТЛО-  
СЕРЕБРИСТЫЙ  
LIGHT SILVER



SL  
ТЕМНО-  
СЕРЕБРИСТЫЙ  
DARK SILVER



BK  
ЧЕРНЫЙ  
BLACK

### BASIC PALETTE OF COLOR FOR UPHOLSTERY



US 372  
ОРАНЖЕВЫЙ  
MANDARIN  
ORANGE



US 360  
КРАСНЫЙ  
AMERICAN  
BEAUTY



US 370  
БОРДОВЫЙ  
PAPRICA



US 376  
ТЕПЛАКОТОВЫЙ  
TERRA COTTA



US 364  
ТЕМНО-БОРДОВЫЙ  
BURGUNDY



US 417  
НЕФРИТОВЫЙ  
DUSTY  
JADE



US 419  
БИРЮЗОВЫЙ  
TURQUOISE



US 426  
МАЛАХИТОВЫЙ  
GROTTO



US 344  
ТЕМНО-ЗЕЛЕНЫЙ  
FOREST



US 353  
ГОЛУБОЙ  
SPACE  
BLUE



US 354  
СИНИЙ  
ROYAL  
BLUE



US 432  
СЕРО-СИНИЙ  
IMPERIAL  
BLUE



US 345  
ТЕМНО-СИНИЙ  
REGIMENTAL  
BLUE



US 433  
СИРЕНЕВЫЙ  
CROCUS



US 403  
БЕЖЕВЫЙ  
PUTTY



US 413  
СЕРЫЙ  
DOVE



US 429  
ГРАФИТОВЫЙ  
GRAPHITE



US 393  
ЧЕРНЫЙ  
BLACK



## OUR CLIENTS



Alex Fitness

Alliance

Amsterdam Boxing

Basefit.ch

Crunch

Dr.Loder

Energy fitness clubs

Fidelity

Fit Fashion

Fitness Family

Fitness First

Fresh

I love Sport

Happy Fitness

Hard Candy

Janinn Fitness

La Salute

Olymp

Olympic

Orange Fitness

Pro Trener

Republika

Restart

Silver Gym

Sport Life

Sport Palace

Terra Sport

Wellness Park

World Class

World Gym

UFC Gym

X-Fit

Zebra Fitness

Self Made Training Facility

Be Military Fit

Olmes Place

Babel

Athlete Factory Training Facility

Level Up Fitness Xpress +  
Utopolis

JD Gyms

David Lloyd

## // FM-808 DUAL ADJUSTABLE PULLEY



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