

# Technogym

## Pectoral



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1414 mm (56 in)  |
| Width                    | 1414 mm (56 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 305 kg (673 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 130 kg (260 lbs) |

**Code**  
MK13

**Muscles:**  
Pectorals

**Available colors:**

■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

## Low Row



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1420 mm (56 in)  |
| Width                    | 1185 mm (47 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 268 kg (591 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 130 kg (260 lbs) |

**Code**  
MK80

**Muscles:**  
Latissimus Dorsi  
Biceps  
Rhomboids

**Available colors:**

■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

## Vertical Traction



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1415 mm (56 in)  |
| Width                    | 1428 mm (56 in)  |
| Height                   | 1868 mm (74 in)  |
| Machine weight           | 313 kg (690 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 125 kg (250 lbs) |

**Code**  
MK71

**Muscles:**  
Latissimus Dorsi  
Biceps

**Available colors:**

■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

## Rear Delt Row



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1186 mm (47 in)  |
| Width                    | 1195 mm (47 in)  |
| Height                   | 1875 mm (74 in)  |
| Machine weight           | 240 kg (529 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |

**Code**  
MK46

**Muscles:**  
Rhomboids  
Deltoids  
Biceps  
Latissimus Dorsi  
Trapezius

**Available colors:**

■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Technogym

## Arm Curl



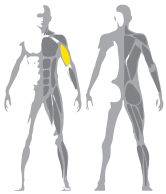
| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1083 mm (43 in)  |
| Width                    | 1450 mm (57 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 232 kg (512 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |

### Code

MK92

**Muscles:**  
Biceps

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Lat Machine



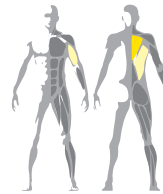
| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1289 mm (51 in)  |
| Width                    | 1202 mm (47 in)  |
| Height                   | 2279 mm (90 in)  |
| Machine weight           | 286 kg (631 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 130 kg (260 lbs) |

### Code

MK12

**Muscles:**  
Latissimus Dorsi  
Biceps  
Rhomboids  
Trapezius (lower)

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Arm Extension



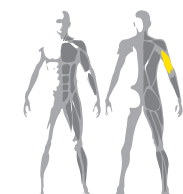
| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1083 mm (43 in)  |
| Width                    | 1439 mm (57 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 234 kg (516 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |

### Code

MK45

**Muscles:**  
Triceps

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Total Abdominal



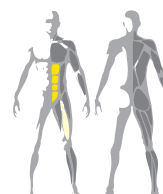
| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1389 mm (55 in)  |
| Width                    | 1029 mm (41 in)  |
| Height                   | 1403 mm (55 in)  |
| Machine weight           | 211 kg (465 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |

### Code

MK83

**Muscles:**  
Rectus Abdominis  
Obliques  
Rectus Femoris  
Iliopsoas

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Technogym

## Lower Back



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1448 mm (57 in)  |
| Width                    | 1127 mm (44 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 235 kg (518 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |



**Code**

MK58



**Muscles:**

Quadratus Lumborum  
Sacrospinal

**Available colors:**

-  Diamond Black
-  Carbon Grey



-  Primary
-  Secondary

## Leg Extension



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1095 mm (43 in)  |
| Width                    | 1133 mm (45 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 293 kg (646 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 125 kg (250 lbs) |



**Code**

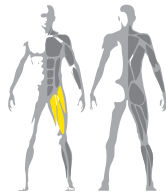
MK91



**Muscles:**

Quadriceps

**Available colors:**

-  Diamond Black
-  Carbon Grey



-  Primary
-  Secondary

## Rotary Torso



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1139 mm (45 in)  |
| Width                    | 1148 mm (45 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 212 kg (467 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |



**Code**

MK50



**Muscles:**

Internal and External Obliques  
Quadratus Lumborum  
Sacrospinal

**Available colors:**

-  Diamond Black
-  Carbon Grey



-  Primary
-  Secondary

## Leg Curl



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1304 mm (51 in)  |
| Width                    | 1132 mm (45 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 297 kg (655 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 125 kg (250 lbs) |



**Code**

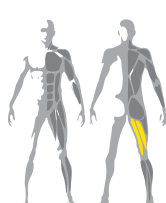
MK90



**Muscles:**

Hamstrings

**Available colors:**

-  Diamond Black
-  Carbon Grey



-  Primary
-  Secondary

# Technogym Adductor



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1438 mm (57 in)  |
| Width                    | 1160 mm (46 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 217 kg (478 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |

### Code

MK17

**Muscles:**  
Adductor

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Leg Press



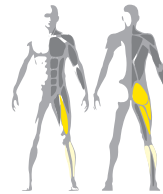
| Technical specifications |                   |
|--------------------------|-------------------|
| Length                   | 2083 mm (82 in)   |
| Width                    | 1225 mm (48 in)   |
| Height                   | 1950 mm (77 in)   |
| Machine weight           | 638 kg (1407 lbs) |
| Weight stack standard    | 190 kg (380 lbs)  |
| Weight stack plus        | 250 kg (500 lbs)  |

### Code

MK51

**Muscles:**  
Quadriceps  
Gluteus  
Hamstrings  
Gastrocnemius  
Soleus

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Abductor



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1438 mm (57 in)  |
| Width                    | 1097 mm (43 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 208 kg (459 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |

### Code

MK18

**Muscles:**  
Tensor Fasciae  
Latae  
Gluteus

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Squat

Patented



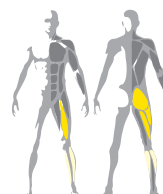
| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 2156 mm (85 in)  |
| Width                    | 1122 mm (44 in)  |
| Height                   | 1950 mm (77 in)  |
| Machine weight           | 385 kg (849 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 130 kg (260 lbs) |

### Code

MK16

**Muscles:**  
Quadriceps  
Gluteus  
Hamstrings  
Gastrocnemius  
Soleus

**Available colors:**



■ Primary  
■ Secondary

■ Diamond Black  
■ Carbon Grey

# Technogym Multi Hip



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1240 mm (49 in)  |
| Width                    | 1123 mm (44 in)  |
| Height                   | 1749 mm (69 in)  |
| Machine weight           | 312 kg (688 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 125 kg (250 lbs) |

### Code

MK67



#### Muscles:

Gluteus  
Hamstrings  
Quadriceps  
Adductors  
Abductors

■ Primary  
■ Secondary

#### Available colors:

■ Diamond Black  
■ Carbon Grey

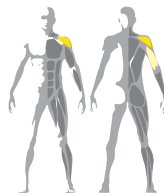
# Shoulder Press



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1409 mm (55 in)  |
| Width                    | 1415 mm (56 in)  |
| Height                   | 1375 mm (54 in)  |
| Machine weight           | 234 kg (516 lbs) |
| Weight stack standard    | 70 kg (140 lbs)  |
| Weight stack plus        | 100 kg (200 lbs) |

### Code

MK69



#### Muscles:

Deltoids  
Triceps

■ Primary  
■ Secondary

#### Available colors:

■ Diamond Black  
■ Carbon Grey

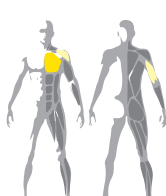
# Chest Press



| Technical specifications |                  |
|--------------------------|------------------|
| Length                   | 1409 mm (55 in)  |
| Width                    | 1427 mm (56 in)  |
| Height                   | 1673 mm (66 in)  |
| Machine weight           | 295 kg (650 lbs) |
| Weight stack standard    | 100 kg (200 lbs) |
| Weight stack plus        | 125 kg (250 lbs) |

### Code

MK70



#### Muscles:

Pectorals  
Deltoids  
Triceps

■ Primary  
■ Secondary

#### Available colors:

■ Diamond Black  
■ Carbon Grey