

2st Weight Stack Options

2st LINE Machine Name	NOTE	TOTAL # OF WEIGHTS	LITE WEIGHT STACK		STD. WEIGHT STACK		GRADUATED WEIGHT STACK		SUPER WEIGHT STACK	
			lbs.	kgs.	lbs.	kgs.	lbs.	kgs.	lbs	kgs.
Abdominal		24	200	91	250	114	320	146	365	166
Compound Row	*	24	200	91	250	114	320	146	365	166
Four Way Neck		19	150	68	200	91	245	111	290	132
Hip Extension		19	285	130	370	168	N/A	N/A	N/A	N/A
Incline Press	*	24	200	91	250	114	320	146	365	166
Lateral Raise		24	200	91	250	114	320	146	365	166
Leg Extension	*	24	200	91	250	114	320	146	365	166
Leg Press		20	210	96	410	186	N/A	N/A	510	232
Lower Back		24	200	91	250	114	320	146	365	166
Overhead Press		24	200	91	250	114	320	146	365	166
Pec Fly		24	200	91	250	114	320	146	365	166
Preacher Curl		19	150	68	200	91	245	111	290	132
Prone Leg Curl		24	200	91	250	114	320	146	365	166
Pullover		30	260	118	310	141	410	186	455	207
Rotary Torso		24	200	91	250	114	320	146	365	166
Seated Leg Curl		24	200	91	250	114	320	146	365	166
Tricep Extension		19	150	68	200	91	245	111	290	132
Tricep Press	*	24	200	91	250	114	320	146	365	166
Vertical Chest	*	24	200	91	250	114	320	146	365	166
F2 LINE										
Machine Name										
Cable Crossover		24	N/A	N/A	250	114	320	146	365	166
Lat Pulldown		24	N/A	N/A	250	114	320	146	365	166
Low Row		24	N/A	N/A	250	114	320	146	365	166

- ❖ WEIGHT STACK DECALS HAVE BOTH lbs. & kgs.
- ❖ THE ADD ON WEIGHT STACK IS AVAILABLE ON ALL MACHINES EXCEPT:
 - HIP EXTENSION
 - LEG PRESS
 - F2 CABLE CROSSOVER
 - F2 LAT PULLDOWN
 - F2 LOW ROW.
- ❖ *STANDARD VERSION OF THESE MACHINES USE A GRADUATED WEIGHT STACK. THE 250 lb. IS OPTIONAL ON THESE UNITS.