



# MP3500 MULTIGYM



The MP3500 Is A Fantastic New Multigym - Totally Unique On The Domestic Fitness Market. Compromising All Of The Features Of The MP2106 With An Additional Station Situated At The Side Of The Multigym Featuring An Adjustable Inner/Outer Thigh Trainer. The MP3500 Offers A 65kg Vinyl Weight Stack And Provides A Maximum Resistance Of 92kg. With An Adjustable Padded Seat And Backrest With Additional Lumbar Support Together With Pivoting Footplate, This Multigym System Combines Safety With Additional Comfort



## **MP3500 MULTIGYM - AT A GLANCE**

- 65kg Vinyl Weight Stack With Shrouds
- 92kg Maximum Resistance
- 130kg Maximum Capacity
- Assembled Dimensions (LxWxHcm) 190 x 180 x 210
- Adjustable Chest Press Station
- Adjustable Angle Backrest With Lumbar Support
- Adjustable Height Seat
- Full Range Motion Butterfly Station
- Lat Pulldown/High Pulley
- Inner/Outer Thigh Trainer
- Abdominal Crunch Cradle
- Low Pulley/Seated Row With Pivoting Footplate For Additional Support
- Leg Developer With 2 Foam Rolls
- Deluxe High Density Boxed Stitched Padding
- Accessories: Lat Bar, Tricep Bar, Ankle Strap, Abdominal Crunch Cradle
- Printed Exercise Chart
- Product Weight: 155kg



## **Features:**



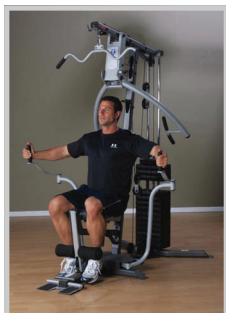
Adjustable Backrest Pad Allows Backrest Pad To Be Placed In Various Incline Positions Enabling Correct Form And Posture For Exercises Such As Seated Shoulder Press/Seated Row



Adjustable Height Seat Allows Users To Tailor The MP3500 To Their Individual Physical Requirements. Combined With Adjustable Backrest And Press Station The MP3500 Can Be Adjusted To Provide A Comfortable And Safe Workout For All Users



Adjustable Chest Press Station Allows The User To Adjust The Pressing Position To Suit Themselves And Offers A Variety Of Exercises Not Possible On a Fixed Unit. The Adjustability Opens Up The Possibility For Seated Shoulder Press/Seated Row etc..



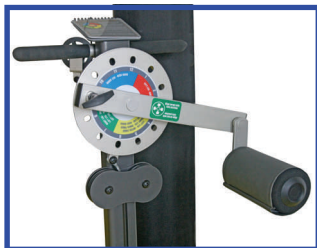
Dedicated Full Range Motion Butterfly Station Works With The Body's Natural Movement To Provide a "True" And Concentrated Pectoral Fly Exercise Far More Effective Than Traditional Fixed Or Dual Action Press Arms



A No Hassle Full Body Workout. Abdominal Crunch Exercises Can Often Only Be Achieved On Traditional Multigyms By Adapting Other Workout Stations And Exercises To Provide Abdominal Exercises. The MP3500's Dedicated Abdominal Crunch Cradle Eliminates This Hassle Providing An Easy To Use, Effective Abdominal Workout Which Can Double As An Effective Overhead Tricep Exercise



High And Low Pulley Stations Provide A Wide Array Of Leg, Arm, Shoulder And Back Exercises Including Bicep Curl, Tricep Push Down, Lat Pull Down, Seated Row, Close Grip Pull Down, Leg Kick (Back And Outer), Upright Row, Overhead Tricep And Front Shoulder Raise



Positioned At The Side Of The Multigym, The MP3500 Features A Fully Adjustable Inner/Outer Thigh Trainer



Inner Outer Thigh Trainer Also Includes A Full Colour Workout Booklet Guiding The User Through All Necessary Exercises For A Complete Upper Leg Workout