

# ERIC SERIES - GB

STRENGTH EQUIPMENT



AL FLYREAR DELTOID



100



**ER02** Leg Extension

Machine Size: 51" x 41" x 65" - Weight Stack :100kgs



**ER03** Leg Press

Machine Size: 74" x 43" x 71" - Weight Stack :100kgs

**SITUS**  
Japanese Technology



**ER 04** Lat Pull Down

Machine Size: 59" x 35" x 89"  
Weight Stack :100KGS



**ER05 Chest Press**

Machine Size: 59" x 43" x 65" - Weight Stack :100kgs



**ER07 Lateral Raise**

Machine Size: 45" x 41" x 65" - Weight Stack :100kgs



**ER06 Triceps Press**

Machine Size: 45" x 46" x 57" - Weight Stack :100kgs



**ER08 Shoulder Press**

Machine Size: 55" x 57" x 65" - Weight Stack :100kgs



**ER09 Abductor and Adductor**

Machine Size: 61" x 30" x 57" - Weight Stack :100kgs



**ER11 Assisted chin up/dip**

Machine Size: 48" x 45" x 87" - Weight Stack :100kgs



**ER10 Multi Hip**

Machine Size: 69" x 43" x 71" - Weight Stack :100kgs



**ER12 Multi Press**

Machine Size: 74" x 56" x 65" - Weight Stack :100kgs



**ER13 Hip Adductor**

Machine Size: 60" x 29" x 56" - Weight Stack :100kgs



**ER15 Hip Abductor**

Machine Size: 60" x 29" x 56" - Weight Stack :100kgs



**ER14 Seated Leg Curl**

Machine Size: 48" x 41" x 65" - Weight Stack :100kgs



**ER16 Pec Fly and Rear Delt**

Machine Size: 50" x 59" x 78" - Weight Stack :100kgs



**ER17 Seated Row**

Machine Size: 51" x 35" x 76" - Weight Stack :100kgs



**ER19 Biceps Curl**

Machine Size: 45" x 44" x 56" - Weight Stack :100kgs



**ER18 Abdominal Crunch**

Machine Size: 60" x 35" x 56" - Weight Stack :100kgs



**ER20 Back Extension**

Machine Size: 47" x 40" x 56" - Weight Stack :100kgs



**ER21** Low Row

Machine Size: 79" x 33" x 71" - Weight Stack :100kgs



**ER23** Fixed PullDown

Machine Size: 56" x 35" x 71" - Weight Stack :100kgs



**ER22** Pron Leg Curl

Machine Size: 59" x 37" x 55" - Weight Stack :100kgs



**ER24** PullDown&Row

Machine Size: 87" x 35" x 89" - Weight Stack :100kgs



**ER25** Prone Leg Ext&Curl

Machine Size: 59" x 37" x 55" - Weight Stack :100kgs



**ER27** Standing Calf

Machine Size: 55" x 44" x 73" - Weight Stack :100kgs



**ER26** Triceps & Biceps

Machine Size: 48" x 43" x 56" - Weight Stack :100kgs



**ER28** Leg Ext& SeatedCurl

Machine Size: 52" x 44" x 65" - Weight Stack :100kgs