

KATALOG PRODUK

COMMERCIAL GYM



**BEYOND
STRENGTH**

PUSH BEYOND LIMITS

HIGH ROW



Features

- High Row (tarik ke dada atas)
- Single arm high row
- Reverse grip row

SEATED CALF RAISE



Features

- Seated calf raise (utama)
- Single leg calf raise
- Pause calf raise (tahan di atas)

MULTI STATION GYM



Features

- Lat pulldown
- Seated row
- Cable crossover
- Triceps pushdown
- Biceps curl cable
- Shoulder press cable

COUNTER BALANCED SMITH MACHINE



Features

- Smith squat
- Bench press (flat/incline)
- Deadlift
- Cable fly
- Cable row
- Triceps & biceps cable

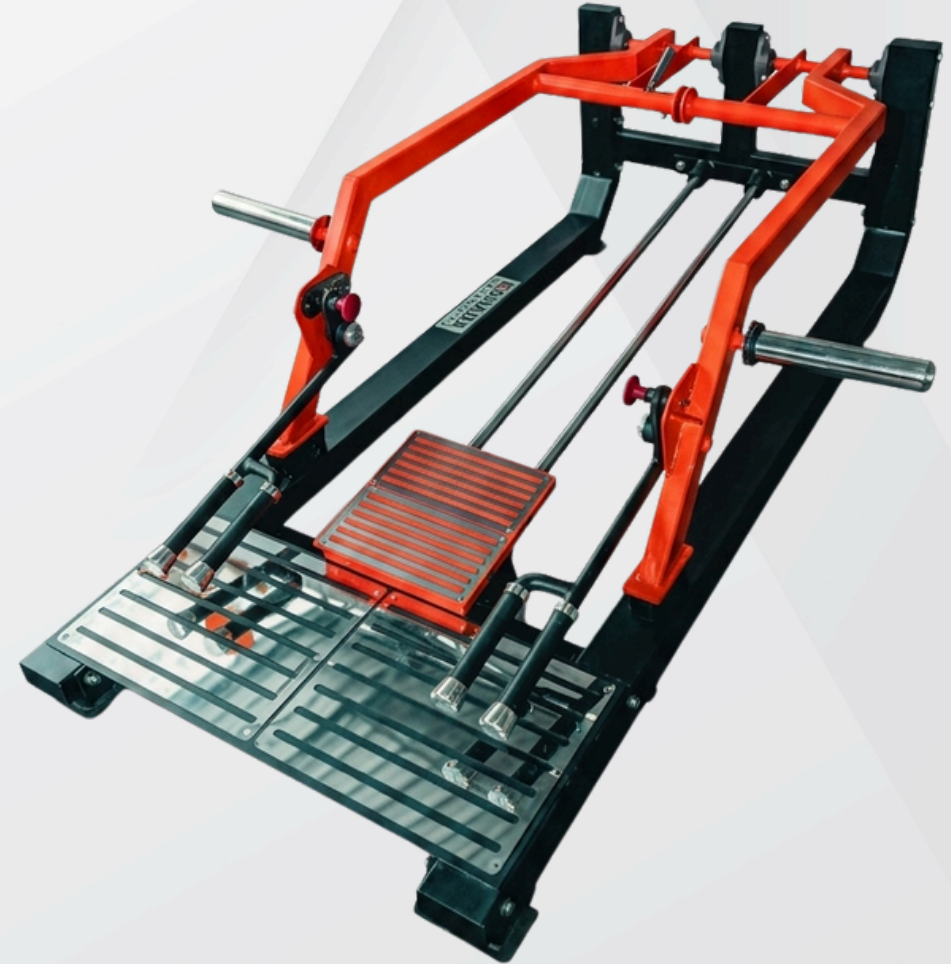
MULTI SMITH MACHINE & CABLE



Features

- Squat
- Bench press
- Shoulder press
- Lat pulldown
- Cable crossover
- Lunges

MULTI LINEAR LUNGES



Features

- Forward lunges
- Reverse lunges
- Walking lunges
- Split squat

LEG PRESS



Features

- Leg press (utama)
- Single leg press
- Calf press (di leg press)
- Wide stance (inner thigh)
- Narrow stance (quads fokus)

OLYMPIC DECLINE BENCH PRESS



Features

- Decline bench press
- Decline dumbbell press
- Decline chest fly

OLYMPIC BENCH PRESS



Features

- Flat bench press
- Close grip bench press
- Wide grip bench press

ADJUSTABLE BENCH



Features

- Dumbbell press (flat/incline/decline)
- Shoulder press
- Dumbbell fly
- Sit up / crunch
- One arm row

VERTICAL ROW



Features

- Upright row
- Close grip row
- Wide grip row

MULTI SMITH ROW



Features

- Bent over row (smith)
- Reverse row
- Shrug (trap)
- Deadlift ringan

MULTI HYPER EXTENSION



Features

- Back extension
- Hyperextension hold
- Glute extension
- Side bend

UNILATERAL LEG PRESS



Features

- Single leg press
- Alternating leg press
- Calf press (1 kaki)

LATERAL RAISE & REVERSE FLY



Features

- Lateral raise (bahu samping)
- Reverse fly (bahu belakang)
- Front raise (variasi)

POWER RACK



Features

- Squat (free bar)
- Bench press (pakai bench)
- Pull up
- Chin up
- Deadlift
- Rack pull

TRICEPS DIPS



Features

- Dips (triceps fokus)
- Chest dips (condong depan)
- Bench dips (variasi)

MULTI SMITH PRESS



Features

- Shoulder press
- Incline press
- Flat press
- Smith squat (variasi)

FLY & REVERSE FLY COMBO



Features

- Chest fly
- Reverse fly
- Single arm fly
- Low to high fly

INNER & OUTER THIGH



Features

- Hip abduction (outer)
- Hip adduction (inner)
- Single leg abduction
- Single leg adduction

LEG EXTENSION & CURL



Features

- Leg extension (quads)
- Leg curl (hamstring)
- Single leg extension
- Single leg curl

ABS CRUNCH



Features

- Ab crunch
- Weighted crunch
- Slow tempo crunch
- Hold crunch

INCLINE CHEST PRESS



Features

- Incline chest press
- Single arm press
- Close grip press

SHOULDER PRESS



Features

- Shoulder press
- Single arm press
- Neutral grip press

ADJUSTABLE BENCH PRESS



Features

- Bench press (flat/incline/decline)
- Dumbbell press
- Smith press (jika digabung)
- Chest press variasi

ADJUSTABLE SIT-UP BENCH



Features

- Sit up
- Decline sit up
- Leg raise
- Russian twist

LEVER ROW



Features

- Seated row
- Single arm row
- Wide grip row
- Close grip row

LAT PULLDOWN & ROW COMBO



Features

- Lat pulldown
- Seated row
- Close grip pulldown
- Wide grip pulldown

CABLE CROSSOVER LONG



Features

- Cable crossover
- Triceps pushdown
- Biceps curl
- Cable fly (all angle)
- Face pull

NEW CHEST PRESS



Features

- Chest press
- Single arm press
- Close grip press
- Explosive press

ADJUSTABLE BENCH



Features

- Dumbbell press (flat/incline/decline)
- Shoulder press
- Dumbbell fly
- Sit up / crunch
- One arm row

HIP THRUST



Features

- Hip thrust
- Single leg hip thrust
- Glute bridge
- Pause hip thrust

SUPER SQUAT



Features

- Squat
- Deep squat
- Narrow stance squat
- Wide stance squat

COUNTER BALANCED SMITH MACHINE



Features

- Smith squat
- Bench press
- Shoulder press
- Deadlift
- Lunges

FLAT SEATED CHEST PRESS



Features

- Chest press
- Single arm press
- Close grip press

COMBO RACK INCLINE BARBELL



Features

- Squat
- Bench press
- Rack pull
- Overhead press

SEATED PREACHER CURL



Features

- Biceps curl
- Single arm curl
- Close grip curl
- Slow tempo curl

ASSISTED PULL UP & DIP MACHINE



Features

- Pull up (assisted)
- Chin up (assisted)
- Dips (assisted)
- Negative reps

PULL UP HANGING LEG RAISE



Features

- Pull up
- Chin up
- Hanging leg raise
- Dips
- Knee raise

T BAR ROW



Features

- T-bar row
- Close grip row
- Wide grip row
- Single arm row

INCLINE BENCH PRESS



Features

- Incline bench press
- Incline dumbbell press
- Close grip incline press