



# NEWTech

STRENGTH EQUIPMENT

2025

PRODUCTS CATALOG







"Newtech Wellness will continue to work towards public health promotion as well as facilitation of everyday sports to enable people to enjoy happy centenarian generation"

Since the establishment of Newtech Fitness in 2002, we have operated a private business until 2011, and established Newtech Wellness Corporation in 2011. Based on the technology and research experience accumulated over the past 20 years, we are rewriting the domestic and international fitness market.

In line with the changing global era, we carry out one-stop service from product development to production, manufacturer, domestic and international sales, deliver, installation and A/S, and thus we are satisfying the various needs of our customers at home and abroad.

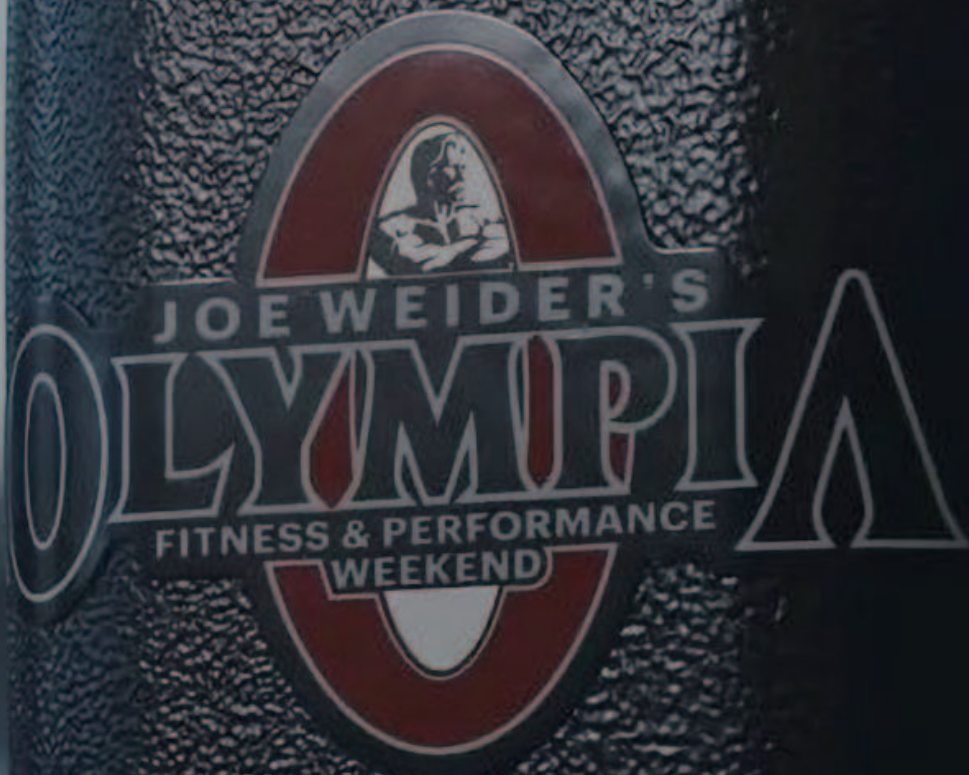
To grow into a competitive firm, our company continues to launch new products, there by proving our technical capability as well as expertise.

**Newtech Wellness Co., Ltd.**

## History

- 2024. 10 Designed as the Title Sponsor of Mr. Olympia
- 2023. 11 Winner of the Excellent IP Management Executive Competition Award.
  - 01 Designated as an intellectual property management certified company
- 2022. 06 Designated as Outstanding Sports Company of the Year
  - 01 Designated as a promising export small and medium-sized enterprise
- 2020. 06 Selected as a small strong company (Gimhae City)
- 2019. 10 2019 Monster Gym Pro Sponsorship
  - 08 Designated as an official sponsor of 'Mr. Olympia'
  - 05 Participated in 2018 China Sports Show
  - 04 Sponsored 2019 Max Q Muscle Mania Orient Championship
  - 02 Participated in the 2019 Seoul International Sports and Leisure Industry Exhibition
  - 01 Application for patent right for complex fitness equipment
- 2018. 11 Patent application for squat exercise equipment
  - 07 Newtech Wellness Trademark Registration in China
  - 05 Technology innovative small business (INNO-BIZ) certification
  - 05 Participated in 2018 China Sports Show
  - 04 Squat exercise equipment design right registration
  - 04 Registration of design right for handle for exercise equipment
  - 03 Participated in 2018 Busan International Balance Festival
- 2017. 12 Awarded the Export Tower on the 54th Trade Day (1 Million Dollar Tower)
  - 06 Participated in the 9th Korea Beauty Expo
  - 06 Established a company-affiliated research institute, registered a trademark of Newtech Wellness
  - 05 Establishment of smart factory system, introduction of manufacturing execution system (MES)
  - 01 Registration of monolift utility model right
- 2016. 11 Management innovation type small and medium business (MAIN-BIZ) certification
  - 10 Expansion of enterprise resource planning (ERP) (sales/purchase)
  - 10 Quality management system (ISO9001), environmental management system (ISO14001) certification
  - 09 Strategic SNS marketing (website renewal, Facebook, Instagram, YouTube, etc.)
  - 07 Introduction of enterprise resource planning (ERP) (accounting/funding)
  - 03 Torque Line Development (Plate Load)
- 2015. 12 Changed the company name to New Tech Wellness
  - 08 New building and factory construction, production/painting/assembly system construction
- 2011. 11 Closure of Newtech Fitness private business and establishment of corporation
- 2010. 06 Factory expansion move, introduction of diversification of fitness equipment colors (Red, yellow, Blue, etc.)
- 2009. 12 Advance Line development
- 2002. 03 Established Newtech Fitness



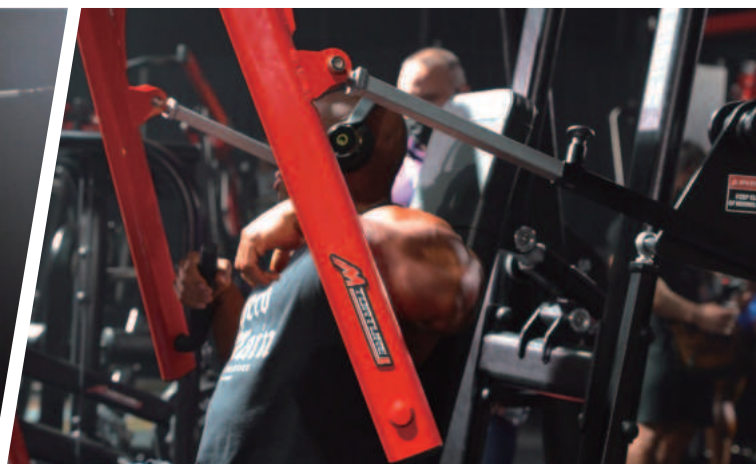


## Mr. Olympia 'Title Sponsor' Designation

NEWTECH WELLNESS has been an official sponsor of the world's most prestigious bodybuilding competition, Mr. Olympia, since 2019. 2024, the company proudly became the Title Sponsor of Mr. Olympia.

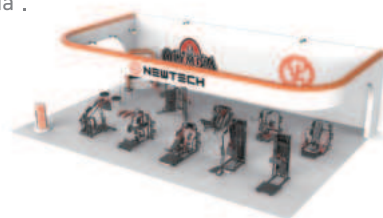
NEWTECH WELLNESS is trusted by many customers as it has been recognized for its technology and expertise worldwide, and has become a **"Korea's leading FITNESS brand."**





## FEEL THE CHANGE WITH NEW TECHNOLOGIES AND EXPERIENCES

Photograph of the Newtech Wellness machines on display in the pumping room of "Mr. Olympia".



NEWTECH WELLNESS has been an official sponsor of the world's most prestigious bodybuilding competition, Mr. Olympia, since 2019. 2024, the company proudly became the Title Sponsor of Mr. Olympia.

We steadily display new and upgraded machines at Mr. Olympia every year, and encourage world-class athletes to use them for pre-match pumping purposes to provide opportunities to use them.

In this way, we strive to develop more specialized new technologies by obtaining more professional feedback on product technology from global athletes and actively reflecting it in the development of the next technology.

**Experience the new technology  
of Newtech Wellness and feel the amazing changes.**



**BUILD  
YOUR FITNESS FACILITY WITH  
AN SOPHISTICATED DESIGN**



2025.



# ONHIM LINE



현재 지속적인 업그레이드가 포함된 개발을 진행중입니다. 업그레이드로 인해 구조가 변경될 수 있습니다.

We are currently engaged in development that includes ongoing upgrades. Due to these upgrades, there may be structural changes.



2024.  
**NEW PRODUCT**

## 1. Pec Dec Fly (With Reverse)



펙 덱 플라이 (리버스 겸용)

No. OH-PFRD W1075×L1420×H2060



2024.  
**NEW PRODUCT**

## 2. Standing Fly Chest&Back



스탠딩 플라이 체스트&백

No. OH-SBF W975×L1375×H2310



2024.  
**NEW PRODUCT**

## 3. Lat Pulldown (High Pulley)



랫 풀다운 (하이풀리)

No. OH-LPD W1385×L1450×H2400



2024.  
NEW PRODUCT

#### 4. Seated Row



시티드 로우

No. OH-SR W700×L1500×H2005



2024.  
NEW PRODUCT

#### 5. Adjustable Low Pulley



어드저스터블 로우 풀리

No. OH-ALP W765×L2350×H2150



2024.  
NEW PRODUCT

#### 6. Chin-UP, Dip Assist



친&딤 어시스트

No. OH-CDA W1130×L1625×H2210



2024.  
NEW PRODUCT

#### 7. Shoulder Press



숀더 프레스

No. OH-SP W1375×L1665×H1630



2024.  
NEW PRODUCT

#### 8. Seated Lateral Raise



시티드 레터럴 레이즈

No. OH-LR W685×L1215×H1740



2024.  
NEW PRODUCT

#### 9. Standing Lateral Raise



스탠딩 레터럴 레이즈

No. OH-SLR W895×L1580×H2120





2024.  
NEW PRODUCT

## 10. Single Lateral Raise



싱글 레터럴 레이즈

No. OH-SGL W850×L1785×H2170



2024.  
NEW PRODUCT

## 11. Arm Curl



암컬

No. OH-AC W1250×L1455×H1630



2024.  
NEW PRODUCT

## 12. Seated Dip



시티드 딥

No. OH-SD W1255×L1650×H1630



2024.  
NEW PRODUCT

## 13. Rotary Torso



로타리 토르소

No. OH-RT W1075×L1345×H2070



2024.  
NEW PRODUCT

## 14. Leg Extension



레그 익스텐션

No. OH-LE W1190×L1375×H1630



2024.  
NEW PRODUCT

## 15. Leg Curl



레그 컬

No. OH-LC W930×L1625×H1630

2024.  
NEW PRODUCT



## 16. Seated Leg Press



시티드 레그 프레스

No. OH-SLP W1070×L1935×H1630

2024.  
NEW PRODUCT



## 17. Hip Adduction / Abduction Combo



힙 어덕션 / 어브덕션 콤보

No. OH-ADDABD W750×L1900×H1630

2025.  
NEW PRODUCT



## 18. Hip Abduction (Single Move)



힙 어브덕션 (싱글 무브)

No. OH-SMABD W685×L1835×H1630

2024.  
NEW PRODUCT



## 19. Glute Kick-Back



글루터

No. OH-GH W1065×L1430×H1630



# MEMO







EXPERIENCE  
DEEPER AND BROADER STIMULATION  
WITH OUR APPLIED ROTATION TECHNOLOGY



# ONHIM-R LINE

뉴텍웰니스만의 회전 기술을 적용하여, 더욱 퀄리티 있는 운동 수행이 가능하도록 설계되었습니다.

Designed with NEWTECH WELLNESS's unique rotation technology, it allows for higher quality workout performance.



2024.  
**NEW PRODUCT**

## 1. Seated Chest Press



시티드 체스트 프레스

No. OH(R)-SCP W1190×L1630×H1620



2024.  
**NEW PRODUCT**

## 2. Seated Row(I)



시티드 로우(내회전)

No. OH(R)-SR(I) W770×L1520×H2015



2024.  
**NEW PRODUCT**

## 3. Seated Row(O)



시티드 로우(외회전)

No. OH(R)-SR(O) W700×L1520×H2100

2025.

COMING SOON

2025.

COMING SOON

**STAY**<sup>2025</sup>**TUNED**

**STAY**<sup>2025</sup>**TUNED**

#### 4. Shoulder Press

숄더 프레스

#### 5. Arm Curl

암컬



# MEMO





DEVELOP  
YOUR MUSCLES  
HARMONIOUSLY  
WITH ADVANCE PRO LINE



# ADVANCE PRO LINE

뉴텍웰니스의 대표 브랜드 중 하나인 ADVANCE 라인의 업그레이드 버전으로 탄생한 뉴텍웰니스의 새로운 브랜드입니다. 끊임없는 기술 개발과 혁신에 전념하고있으며, 고객의 기대를 뛰어넘는 다양한 기구 라인업을 선보일 예정입니다.

This is NEWTECH WELLNESS's new brand, an upgraded version of the renowned ADVANCE line.

We are dedicated to continuous technological development and innovation, aiming to introduce a diverse range of equipment that exceeds customer expectations.

## STAYTUNED<sup>2025</sup>

### 1. Pec Dec Fly (With Reverse)



펙 덱 플라이 (리버스 겸용)

NoZ. AC-PFRD W750×L1900×H1630

## STAYTUNED<sup>2025</sup>

### 2. Leg Extension



레그 익스텐션

No. AC-LE W750×L1900×H1630

## STAYTUNED<sup>2025</sup>

### 3. Leg Curl

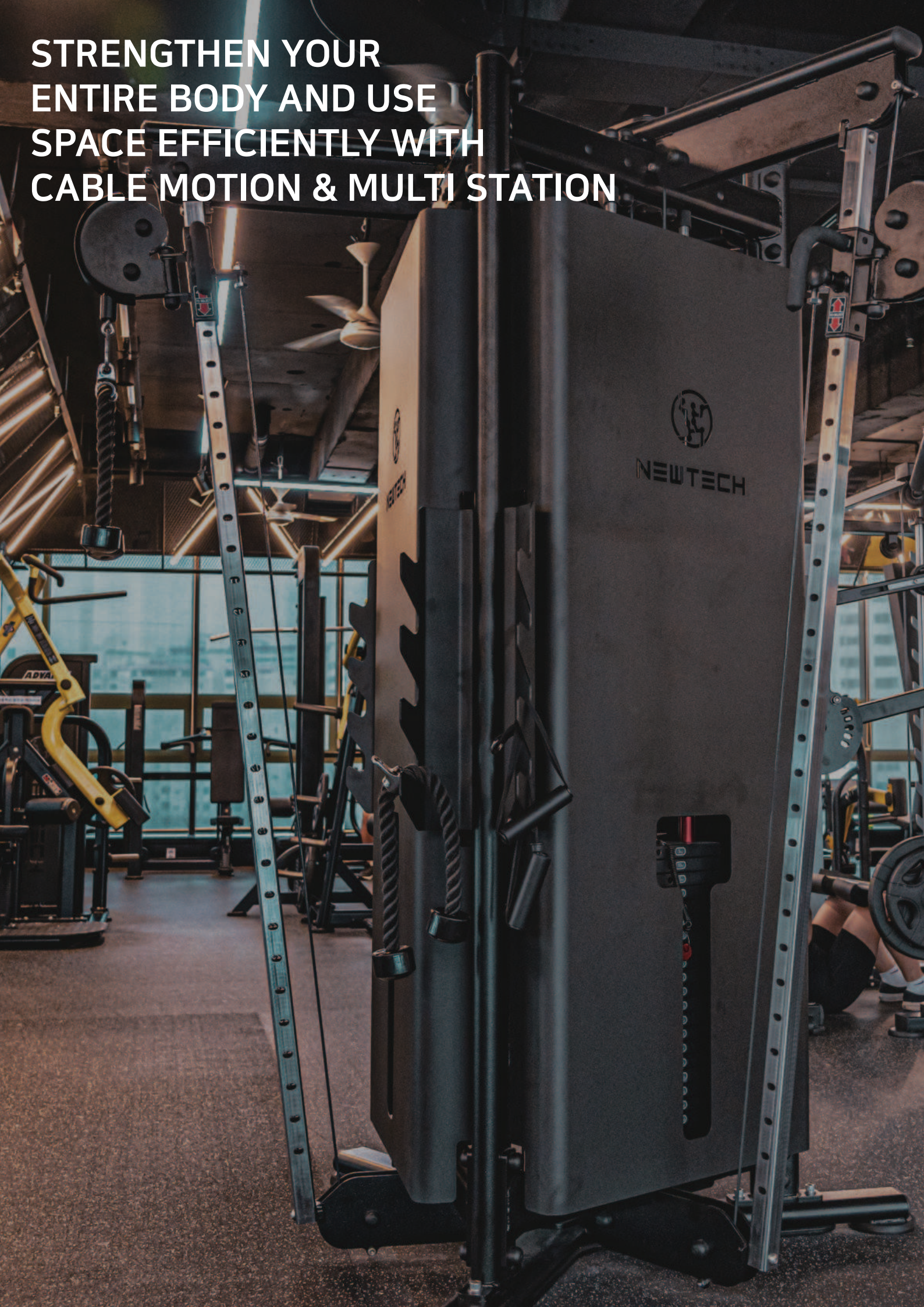


레그 컬

No. AC-LC W750×L1900×H1630



**STRENGTHEN YOUR  
ENTIRE BODY AND USE  
SPACE EFFICIENTLY WITH  
CABLE MOTION & MULTI STATION**







# CABLE MOTION & MULTI STATION

하나의 기구로 다양한 근력운동이 가능하며, 공간의 효율성을 높일 수 있습니다.

Various muscle exercises are possible with one machine, which can increase the efficiency of space

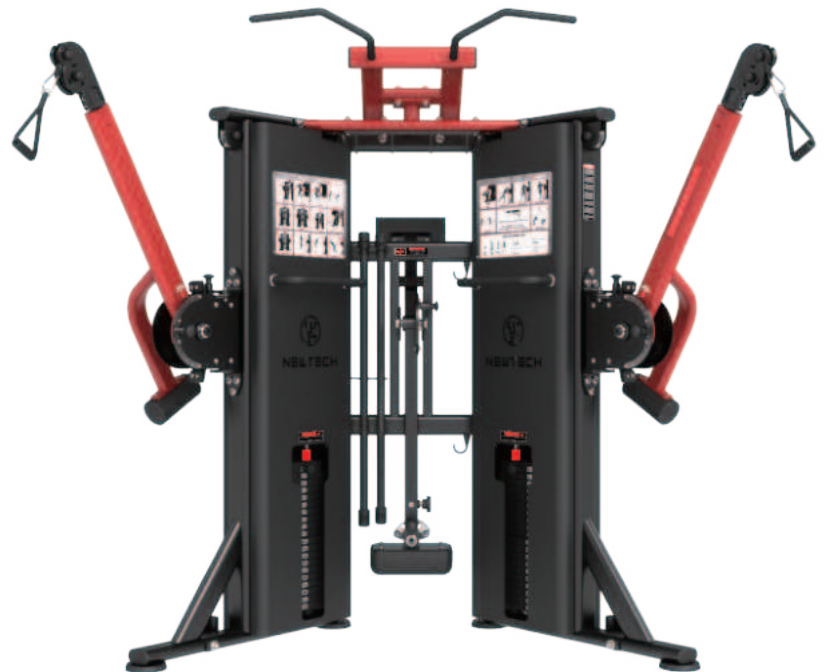


## 1. Cable Cross Over

케이블 크로스 오버

No. C-CCO W3580×L985×H2335

2023.  
NEW PRODUCT



## 2. Multi Pulley

멀티 풀리

No. C-DPP-2 W2360×L1370×H2205



### 3. Dual Pulley

듀얼 풀리

No. C-DP W1995×L975×H2300



### 4. Tri Cable

트라이 케이블

No. C-TC W2200×L1560×H2340



### 5. Tri Cable (4Station)

트라이 케이블 (4Station)

No. C-TC4ST W4790×L1600×H2350



**3. Leg Curl**  
레그 컬 No. A-LC

**1. Pec Deck Fly (With Reverse)**  
팩 덱 플라이 (리버스 겸용) No. A-PFRD

**5. Leg Extension**  
레그 익스텐션 No. A-LE

**4. Low Pulley (Long Pull)**  
로우 풀리 (롱풀) No. A-LP

**2. Chin-Up, Dip Assist**  
친&딥 어시스트 No. A-CDA

**6. Lat Pulldown (High Pulley)**  
랫 풀다운 (하이풀리) No. A-LPD

※ When assembling, you can change the location of numbers 3 to 6 except 1 to 2.



## 6. Multi Gym Pro (8Station)

멀티짐 프로 (8Station)

No. C-MP8ST W7050×L4180×H2340



## 7. Tri Cable (6Station)

트라이 케이블 (6Station)

No. C-TC6ST W5830×L1600×H2320



**DEVELOP  
YOUR MUSCLES STRONGLY  
WITH M-TORTURE LINE**



# M-TORTURE LINE

제품사진의 원판은 별도구매 제품입니다.

The plates on the machine in the picture are sold separately



## 1. Seated Row



시티드 로우

No. T-SR W1250×L1505×H1415



## 2. Low Row



로우 로우

No. T-LR W1520×L1485×H1450



## 3. Front Row



프론트 로우

No. T-FR W1475×L1940×H1890



#### 4. Wide Pulldown Front



와이드 풀다운 프론트

No. T-WP(F) W1410×L1940×H2005



#### 5. Wide Pulldown Rear



와이드 풀다운 리어

No. T-WP(R) W1305×L2005×H2110



2024.  
NEW PRODUCT

#### 6. Vertical Pulldown



버티컬 풀다운

No. T-VPD W1140×L2150×H2325



2024.  
NEW PRODUCT

#### 7. High Row



하이 로우

No. T-HR W1260×L2170×H2310



2024.  
NEW PRODUCT

#### 8. Two Way Row



투 웨이 로우

No. T-2WR W1460×L1845×H1520



#### 9. Wide Chest Press



와이드 체스트 프레스

No. T-WCP W1470×L1770×H1905





## 10. Incline Chest Press



인클라인 체스트 프레스  
No. T-ICP W1610×L1925×H1485



## 11. Chest & Decline Combo



체스트 & 디크라인 콤보  
No. T-SDCP W1620×L1690×H1560



## 12. Pec Dec Fly



펙덱플라이  
No. T-PFRD W1140×L1805×H1745



## 13. Shoulder Press



숄더 프레스  
No. T-SP W1720×L1875×H1370



## 14. Seated Lateral Raise



시이트 레터럴 레이즈  
No. T-LTR W1140×L1365×H1380



## 15. Arm Curl



암컬  
No. T-AC W1235×L1600×H1245



## 16. Overhead Extension



오버 헤드 익스텐션

No. T-OHE W1300×L1345×H1450



## 17. Power Leg Press



파워 레그 프레스

No. T-PLP W1640×L2135×H1385



## 18. Hack Squat



해크 스쿼트

No. T-HS W1670×L2295×H1490



## 19. V-Squat



V-스쿼트

No. T-VSQS W1520×L2155×H1570

2024.  
NEW PRODUCT



## 20. Squat & Calf Raise



스쿼트 & 카프 레이즈

No. T-SCR W1140×L2125×H1630

2024.  
NEW PRODUCT



## 21. Drop Squat



드롭 스쿼트

No. T-DS W1500×L1890×H1745





## 22. Hack Press



해크 프레스

No. T-HP W1480×L1945×H1110



## 23. Leg Extension



레그 익스텐션

No. T-LE W1425×L1690×H1010



## 24. Kneeling Leg Curl



닐링 레그 컬

No. T-KLC W1640×L1295×H1220



## 25. Leg Curl



레그 컬

No. T-LC W1330×L1710×H790



## 26. Hip Thrust



힙 트러스트

No. T-HTT W1400×L1795×H1055



## 27. Reverse Hyper



리버스 하이퍼

No. T-RH W1240×L1595×H1620



## 28. Glute Kick-Back



글루터

No. T-GH W1295×L1580×H1725



# MEMO







EXPERIENCE  
DEEPER AND BROADER STIMULATION  
WITH OUR APPLIED ROTATION TECHNOLOGY



# M-TORTURE-R LINE

뉴텍웰니스만의 회전 기술을 적용하여, 더욱 퀄리티 있는 운동 수행이 가능하도록 설계되었습니다.

Designed with NEWTECH WELLNESS's unique rotation technology, it allows for higher quality workout performance.

2024.  
NEW PRODUCT



## 1. Seated Chest Press



시티드 체스트 프레스

No. T(R)-SCP W1630×L1730×H1560

2025.  
NEW PRODUCT



## 2. Low Row



로우 로우

No. T(R)-LR W1540×L1495×H1450

# STAY<sup>2025</sup>TUNED

## 3. Seated Row

시티드 로우

No. T(R)-SR W1540×L1495×H1450

## 4. Shoulder Press

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숄더 프레스

## 5. Seated Dip

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시티드 딥



# MEMO





**BUILD THE FOUNDATION  
WITH PLATELOAD'S MOST BASIC  
AND AUXILIARY EXERCISE EQUIPMENT**





# PLATE LOAD BENCH · RACKS, etc.

제품사진의 원판 및 탄력봉은 별도구매 제품입니다.  
The barbell(Weight plate and bar) in the picture is sold separately

2025.  
NEW PRODUCT



## 1. 3D + Smith + Half Rack Combo

3D + 스미스 + 하프 랙 콤보

No. P-3DHS W2055×L2210×H2310



## 2. Smith + Half Rack Combo

스미스 + 하프 랙 콤보

No. P-SHR W2100×L1870×H2200



## 3. Smith (Vertical 2000)

스미스 (수직형 2000)

No. P-SM20 W2020×L1245×H2030



#### 4. Smith (Angle 2000)

스미스 (각도형 2000)

No. P-SMA20 W2020×L1330×H2030



#### 5. 3D Rack

3D랙

No. F-3DR W1760×L1790×H2250



#### 6. Power Rack

파워 랙

No. F-PR W1650×L1820×H2340



#### 7. Half Rack

하프 랙

No. F-HR W1650×L1410×H2275



#### 8. Squat Rack

스쿼트 랙

No. F-SR W1220×L1800×H1735



#### 9. Plate Flat Press

해머 플랫 벤치

No. P-FBP W1350×L1810×H1035





## 10. Plate Incline Press

해머 인크라인 벤치

No. P-IBP W1350×L2150×H1245



## 11. Plate Decline Press

해머 디크라인 벤치

No. P-DBP W1300×L2180×H1035



## 12. Plate Shoulder Press

해머 숄더 프레스

No. P-SP W1370×L1425×H1275



## 13. MV Olympic Bench

MV 올림픽 벤치

No. F-MOB W1590×L1710×H1150



## 14. Olympic Bench

올림픽 벤치

No. F-OB W1590×L1720×H1155



## 15. Olympic Incline Bench

올림픽 인크라인 벤치

No. F-OIB W1590×L1750×H1405



## 16. Olympic Decline Bench

올림픽 디크라인 벤치

No. F-ODB W1590×L2020×H1160



## 17. Adjustable Incline Bench

각도조절 인크라인 벤치

No. F-AIB W610×L1520×H500



## 18. Adjustable Incline Bench Pro

각도조절 인크라인 벤치 프로

No. F-AIBP W655×L1440×H1165



## 19. Adjustable Decline Bench

각도조절 디크라인 벤치

No. F-ADB W675×L1500×H650



## 20. Flat Bench

보조 평벤치

No. F-FB W680×L1300×H435



## 21. Utility Bench

유틸리티 벤치

No. F-UB W700×L1330×H880





## 22. Preacher Curl Bench

프리쳐 컬 벤치

No. F-PCB W1065×L1075×H1005



## 23. Preacher Curl Bench (Stand Type)

프리쳐 컬 벤치 (스탠드형)

No. F-PCB-S W800×L1020×H940



## 24. Hip Thrust Bench

힙 트러스트 벤치

No F-HTTB W830×L580×H475



## 25. Bentover Bench

벤트오버 벤치

No. F-BOB W700×L1504×H778



## 26. Sit Up

싯 업

No. F-SU W690×L1520×H1190



## 27. Moving Leg Raise

무빙 레그 레이즈

No. F-MLR W690×L1075×H1370



### 28. Dip & Leg Raise

딥 & 레그 레이즈

No. F-DLR W680×L1420×H1580



### 29. Twist Double

트위스트 2인용

No. F-TD W540×L1480×H1285



### 30. Roman Chair (45~90° Adjust Type)

로만 체어 (45~90°조절식)

No. F-RC W835×L1240×H845



### 31. GHD 90° Roman Chair

GHD 90°로만체어

No. F-GHD W920×L1635×H960



2024.  
NEW PRODUCT

### 32. Multi Lateral Raise

멀티 레터럴 레이즈

No. P-MLR W820×L1780×H1275



### 33. T-Bar Row

T-바 로우

No. P-TR W900×L2167×H895

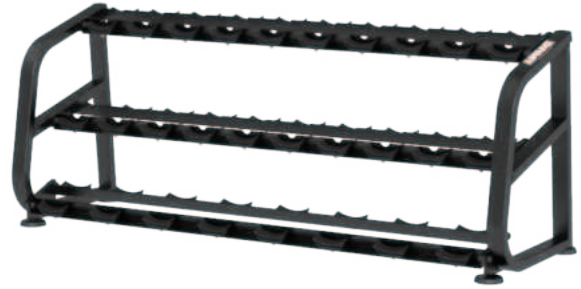




### 34. Seated Calf Raise

시티드 카프 레이즈

No. F-SCR W540×L1230×H95



### 35. Dumbbell Rack (Basic Type)

덤벨 정리대 (기본형3단)

No. F-DBR W2415×L760×H930



### 36. Dumbbell Rack (Low Type)

덤벨 정리대 (낮은형2단)

No. F-DBR-2 W2415×L580×H650



### 37. Dumbbell Rack (Small Type)

덤벨 정리대 (소형3단)

No. F-DBR-3 W1580×L685×H1040



### 38. Plates Rack

원반 정리대

No. F-DR W600×L610×H1345



### 39. Fixed Barbell Rack

고정식 바벨 정리대

No. F-FBR W1200×L920×H1620



#### 40. Fixed Barbell Rack (Half)

고정식 바벨 정리대 (분리형)

No. F-FBR-H W885×L600×H1620



#### 41. Barbell Rack (Stand Type)

바벨 정리대 (스탠드형)

No. F-BR-S W1245×L600×H245



#### 42. Handle Rack Pro

핸들랙 프로

No. F-HDR-P W780×L1190×H1365



# Product Color

## Color Code

|                     |                       |
|---------------------|-----------------------|
| Black               | H-BK0333-T1 I-AN401K  |
| White               | H-WH0540-T9 0540      |
| Dark Brown (CP005)  | PX8583(H)-HF          |
| Dark Purple (CP008) | EX8816(H)-HF          |
| Red                 | FEM935 RED(BY)        |
| Yellow              | EP100 YELLOW(NT)      |
| Light Yellow        | H-YW0631-T3-NH-E10104 |
| Sliver              | N31JM                 |

## Color Chart



## Color Exemple



실제 제품 색상은 사진과 약간의 차이가 있을 수 있습니다.  
Actual product color may be slightly different from photos.

## Criteria for use of color

| FRAME COLORS        |                                                                                     | ALL FRAME     | ACTUATION FRAME |
|---------------------|-------------------------------------------------------------------------------------|---------------|-----------------|
| Black               |  | Available     | Available       |
| White               |  | Available     | Available       |
| Dark Brown (CP005)  |  | Available     | Available       |
| Dark Purple (CP008) |  | Available     | Available       |
| Dark Silver         |  | Available     | Available       |
| Light Silver        |  | Available     | Available       |
| Red                 |  | NOT Available | Available       |
| Yellow              |  | NOT Available | Available       |
| Light Yellow        |  | NOT Available | Available       |
| Sliver              |  | NOT Available | Available       |



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# FIBO GLOBAL FITNESS

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국제 피트니스 박람회 FIBO



# DUBAI PRO

2022

22/23-10-2022

2023

23/24-09-2023

2024

26/28-07-2024



OXYGEN  
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2022 - 2024  
DUBAI PRO





DECEMBER 15-18, 2022  
NOVEMBER 02-05, 2023  
OCTOBER 10-13, 2024



2022 - 2024  
Mr. OLYMPIA









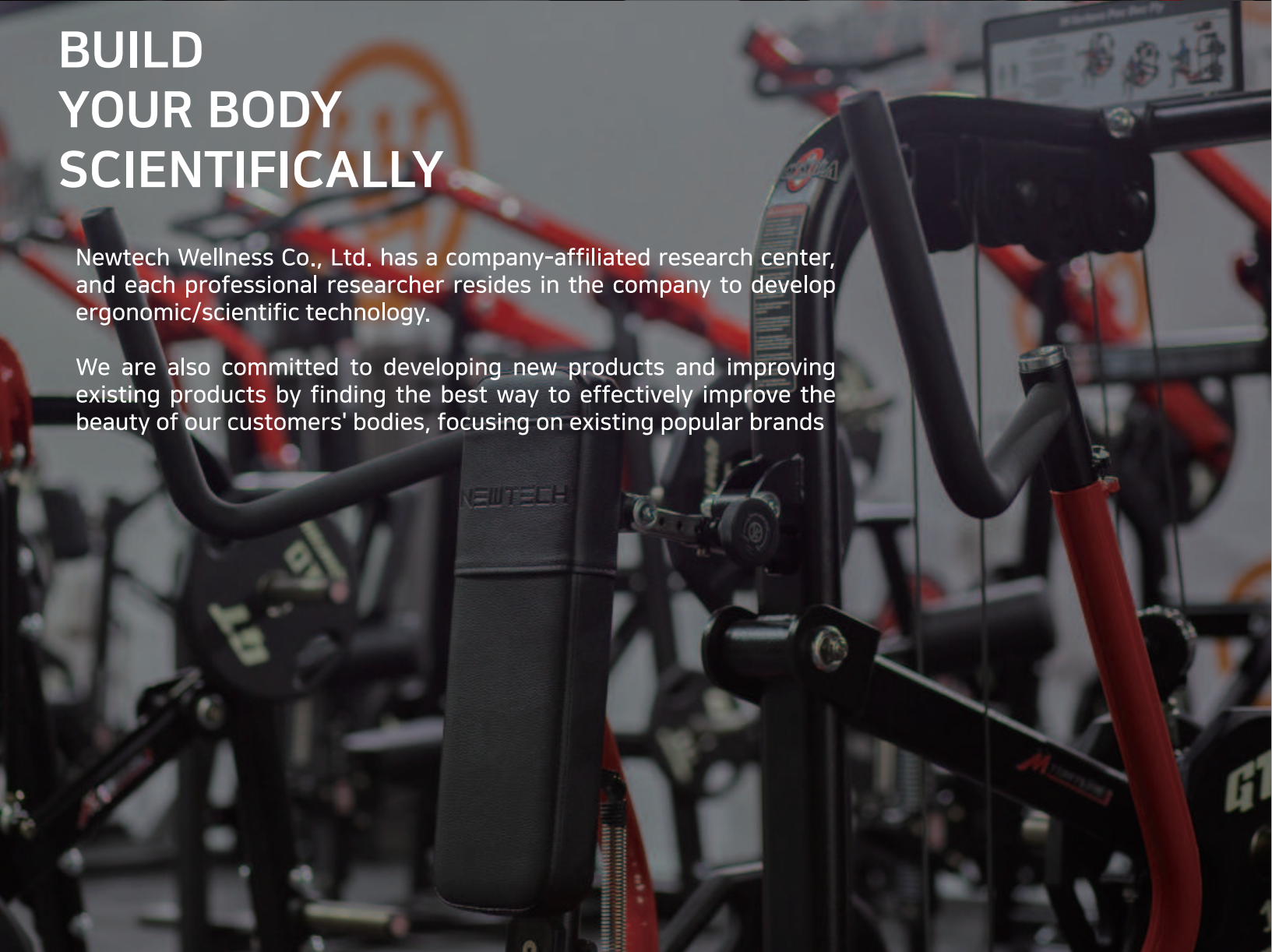




# BUILD YOUR BODY SCIENTIFICALLY

Newtech Wellness Co., Ltd. has a company-affiliated research center, and each professional researcher resides in the company to develop ergonomic/scientific technology.

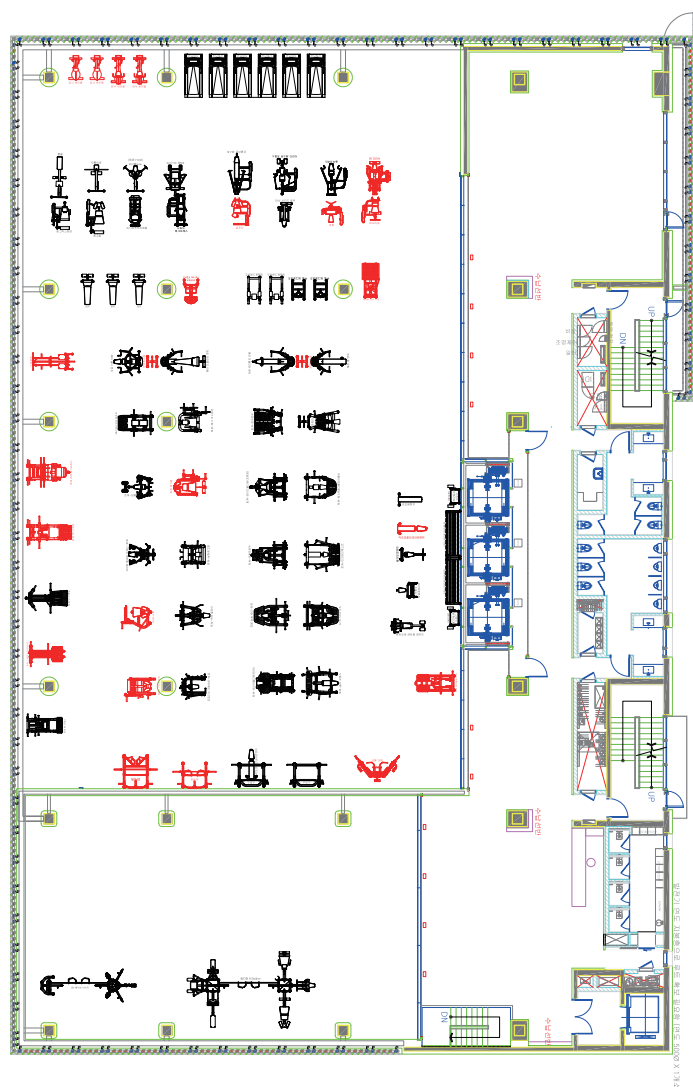
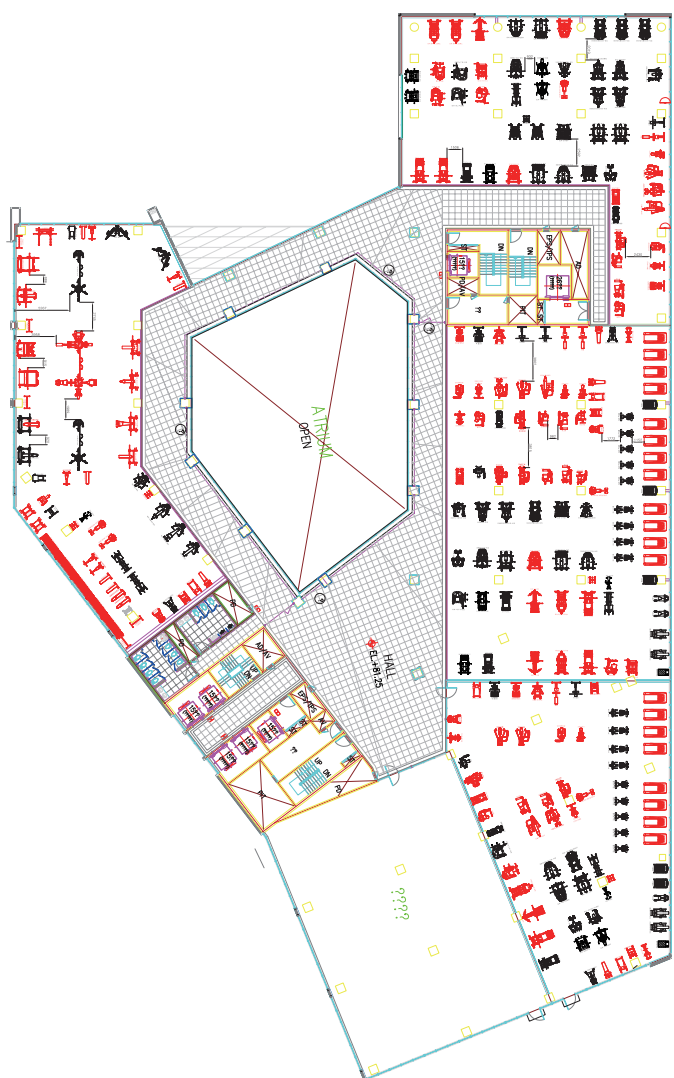
We are also committed to developing new products and improving existing products by finding the best way to effectively improve the beauty of our customers' bodies, focusing on existing popular brands





# DECORATE WITH YOUR IDEAL GYM FACILITY

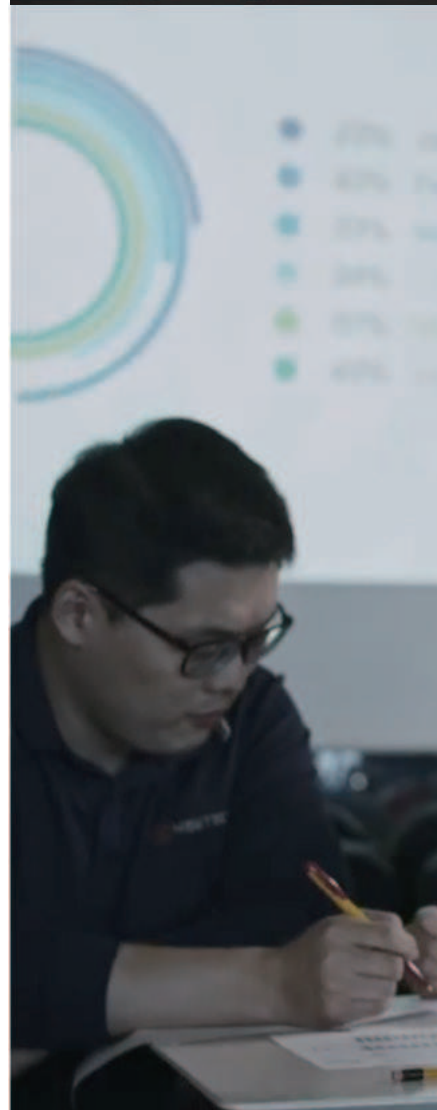
To ensure efficient product placement and space, our experts directly propose layout drawings, identify customer needs, and help you build your ideal sports



# ERGONOMIC TECHNOLOGY DEVELOPMENT

A number of professional researchers in the company are using ergonomics to focus on technology development so that there are no restrictions on exercise for anyone regardless of nationality or gender.

In this way, 'Newtech Wellness' improves more than 10 new products and existing products every year, and continues to strive for technology rights by applying for patents or utility models to further enhance its competitiveness in the global market.







| ADVANCE PRO              | CODE    | DIMENSIONS (W x L x H)  | WEIGHT BLOCK      |
|--------------------------|---------|-------------------------|-------------------|
| Pec Dec Fly with Reverse | AP-PFRD | 1075 x 1420 x 2060 (mm) | 125 kg / 275.5 lb |
| Leg Extension            | AP-LE   | 1075 x 1420 x 2060 (mm) | 100 kg / 220.4 lb |
| Leg Curl                 | AP-LC   | 1075 x 1420 x 2060 (mm) | 125 kg / 275.5 lb |

| ONHIM                      | CODE    | DIMENSIONS (W x L x H)  | WEIGHT BLOCK      |
|----------------------------|---------|-------------------------|-------------------|
| Pec Dec Fly with Reverse   | OH-PFRD | 1075 x 1420 x 2060 (mm) | 125 kg / 275.5 lb |
| Standing Fly Chest&Back    | OH-SBF  | 975 x 1375 x 2310 (mm)  | 100 kg / 220.4 lb |
| Lat Pulldown (High Pulley) | OH-LPD  | 1385 x 1450 x 2400 (mm) | 125 kg / 275.5 lb |
| Seated Row                 | OH-SR   | 700 x 1500 x 2005 (mm)  | 125 kg / 275.5 lb |
| Adjustable Low Pulley      | OH-ALP  | 765 x 2350 x 2150 (mm)  | 125 kg / 275.5 lb |
| Chin-Up, Dip Assist        | OH-CDA  | 1130 x 1625 x 2210 (mm) | 125 kg / 275.5 lb |
| Shoulder Press             | OH-SP   | 1375 x 1665 x 1630 (mm) | 125 kg / 275.5 lb |
| Seated Lateral Raise       | OH-LR   | 685 x 1215 x 1740 (mm)  | 100 kg / 220.4 lb |
| Standing Lateral Raise     | OH-SLR  | 895 x 1580 x 2120 (mm)  | 100 kg / 220.4 lb |
| Single Lateral Raise       | OH-SGL  | 850 x 1785 x 2170 (mm)  | 125 kg / 275.5 lb |
| Arm Curl                   | OH-AC   | 1250 x 1455 x 1630 (mm) | 100 kg / 220.4 lb |
| Seated Dip                 | OH-SD   | 1255 x 1650 x 1630 (mm) | 125 kg / 275.5 lb |
| Rotary Torso               | OH-RT   | 1075 x 1345 x 2070 (mm) | 100 kg / 220.4 lb |
| Leg Extension              | OH-LE   | 1190 x 1375 x 1630 (mm) | 125 kg / 275.5 lb |
| Leg Curl                   | OH-LC   | 930 x 1625 x 1630 (mm)  | 125 kg / 275.5 lb |



|                                 |           |                         |                   |
|---------------------------------|-----------|-------------------------|-------------------|
| Seated Leg Press                | OH-SLP    | 1070 x 1935 x 1630 (mm) | 150 kg / 330.9 lb |
| Hip Adduction / Abduction Combo | OH-ADDABD | 750 x 1900 x 1630 (mm)  | 125 kg / 275.5 lb |
| Hip Abduction (Single Move)     | OH-SMABD  | 685 x 1835 x 1630 (mm)  | 125 kg / 275.5 lb |
| Glute Kick - Back               | OH-GH     | 1065 x 1430 x 1630 (mm) | 100 kg / 220.4 lb |

| ONHIM-R              | CODE        | DIMENSIONS (W x L x H)  | WEIGHT BLOCK      |
|----------------------|-------------|-------------------------|-------------------|
| Seated Chest Press   | OH(R)-SCP   | 1190 x 1630 x 1620 (mm) | 150 kg / 330.9 lb |
| Seated Row (Inward)  | OH(R)-SR(I) | 770 x 1520 x 2015 (mm)  | 125 kg / 275.5 lb |
| Seated Row (Outward) | OH(R)-SR(O) | 700 x 1520 x 2100 (mm)  | 125 kg / 275.5 lb |

| CABLE MOTION & MULTI STATION | CODE      | DIMENSIONS (W x L x H)  | WEIGHT BLOCK                        |
|------------------------------|-----------|-------------------------|-------------------------------------|
| Cable Cross Over             | C-CCO     | 3580 x 970 x 2340 (mm)  | 125 kg / 275.5 lb<br>(Both Side)    |
| Multi Pulley                 | C-DPP-2   | 2360 x 1370 x 2205 (mm) | 125 kg / 275.5 lb<br>(Both Side)    |
| Dual Pulley                  | C-DP      | 1995 x 980 x 2310 (mm)  | 125 kg / 275.5 lb<br>(Both Side)    |
| Tri Cable                    | C-TC      | 2200 x 1560 x 2340 (mm) | 125 kg / 275.5 lb<br>(3 Sides Each) |
| Tri Cable (4Station)         | C-TC4ST   | 4790 x 1600 x 2350 (mm) | 125 kg / 275.5 lb<br>(3 Sides Each) |
| Tri Cable (6Station)         | C-TC6ST   | 5830 x 1600 x 2320 (mm) | 125 kg / 275.5 lb<br>(3 Sides Each) |
| Multi Gym Pro (8Station)     | C-MP8ST   | 6850 x 3980 x 2340 (mm) | 125 kg / 275.5 lb<br>(Each Station) |
| Multi Gym Pro (5Station-C)   | C-MP5ST-C | 5090 x 3460 x 2340 (mm) | 125 kg / 275.5 lb<br>(Each Station) |
| Multi Gym Pro (5Station-P)   | C-MP5ST-P | 5510 x 3885 x 2340 (mm) | 125 kg / 275.5 lb<br>(Each Station) |

| M-TORTURE             | CODE    | DIMENSIONS (W x L x H)  | WEIGHT BLOCK  |
|-----------------------|---------|-------------------------|---------------|
| Seated Row            | T-SR    | 1250 x 1505 x 1415 (mm) | Use of Plates |
| Low Row               | T-LR    | 1520 x 1485 x 1450 (mm) | Use of Plates |
| Front Row             | T-FR    | 1475 x 1940 x 1890 (mm) | Use of Plates |
| Wide Pulldown Front   | T-WP(F) | 1410 x 1940 x 2005 (mm) | Use of Plates |
| Wide Pulldown Rear    | T-WP(R) | 1305 x 2005 x 2110 (mm) | Use of Plates |
| Vertical Pull Down    | T-VPD   | 1140 x 2150 x 2325 (mm) | Use of Plates |
| High Row              | T-HR    | 1260 x 2170 x 2310 (mm) | Use of Plates |
| Two Way Row           | T-2WR   | 1460 x 1845 x 1520 (mm) | Use of Plates |
| Wide Chest Press      | T-WCP   | 1470 x 1770 x 1905 (mm) | Use of Plates |
| Incline Chest Press   | T-ICP   | 1610 x 1925 x 1485 (mm) | Use of Plates |
| Chest & Decline Combo | T-SDCP  | 1620 x 1690 x 1560 (mm) | Use of Plates |
| Pec Dec Fly           | T-PFRD  | 1140 x 1805 x 1745 (mm) | Use of Plates |
| Shoulder Press        | T-SP    | 1720 x 1875 x 1370 (mm) | Use of Plates |

|                      |        |                         |               |
|----------------------|--------|-------------------------|---------------|
| Seated Lateral Raise | T-LR   | 1140 x 1365 x 1380 (mm) | Use of Plates |
| Arm Curl             | T-AC   | 1235 x 1600 x 1245 (mm) | Use of Plates |
| Overhead Extension   | T-OHE  | 1300 x 1345 x 1450 (mm) | Use of Plates |
| Power Leg Press      | T-PLP  | 1640 x 2135 x 1385 (mm) | Use of Plates |
| Hack Squat           | T-HS   | 1670 x 2295 x 1490 (mm) | Use of Plates |
| V-Squat              | T-VSQS | 1520 x 2155 x 1570 (mm) | Use of Plates |
| Squat & Calf Raise   | T-SCR  | 1140 x 2125 x 1630 (mm) | Use of Plates |
| Drop Squat           | T-DS   | 1500 x 1890 x 1745 (mm) | Use of Plates |
| Hack Press           | T-HP   | 1480 x 1945 x 1110 (mm) | Use of Plates |
| Leg Extension        | T-LE   | 1425 x 1690 x 1010 (mm) | Use of Plates |
| Kneeling Leg Curl    | T-KLC  | 1640 x 1295 x 1220 (mm) | Use of Plates |
| Leg Curl             | T-LC   | 1330 x 1710 x 790 (mm)  | Use of Plates |
| Hip Thrust           | T-HTT  | 1400 x 1795 x 1055 (mm) | Use of Plates |
| Reverse Hyper        | T-RH   | 1240 x 1595 x 1620 (mm) | Use of Plates |
| Glute Kick - Back    | T-GH   | 1295 x 1580 x 1725 (mm) | Use of Plates |

| TORTURE-R          | CODE     | DIMENSIONS (W x L x H)  | WEIGHT BLOC   |
|--------------------|----------|-------------------------|---------------|
| Seated Chest Press | T(R)-SCP | 1630 x 1730 x 1560 (mm) | Use of Plates |
| Low Row            | T(R)-LR  | 1540 x 1495 x 1450 (mm) | Use of Plates |
| Seated Row         | T(R)-SR  |                         | Use of Plates |

| PLATE LOAD.<br>BENCH & RACK  | CODE    | DIMENSIONS (W x L x H)  | WEIGHT BLOCK  |
|------------------------------|---------|-------------------------|---------------|
| 3D + Smith + Half Rack Combo | P-3DHS  | 2055 x 2210 x 1310 (mm) | Use of Plates |
| Smith + Half Rack Combo      | P-SHR   | 2100 x 1870 x 2200 (mm) | Use of Plates |
| Smith (Vertical 2000)        | P-SM20  | 2020 x 1245 x 2030 (mm) | Use of Plates |
| Smith (Angle 2000)           | P-SMA20 | 2020 x 1330 x 2030 (mm) | Use of Plates |
| 3D Rack                      | F-3DR   | 1760 x 1790 x 2250 (mm) | Use of Plates |
| Power Rack                   | F-PR    | 1650 x 1820 x 2340 (mm) | Use of Plates |
| Half Rack                    | F-HR    | 1650 x 1410 x 2275 (mm) | Use of Plates |
| Squat Rack                   | F-SR    | 1220 x 1800 x 1735 (mm) | Use of Plates |
| Plate Flat Press             | P-FBP   | 1350 x 1810 x 1035 (mm) | Use of Plates |
| Plate Incline Press          | P-IBP   | 1350 x 2150 x 1245 (mm) | Use of Plates |
| Plate Decline Press          | P-DBP   | 1300 x 2180 x 1035 (mm) | Use of Plates |
| Plate Shoulder Press         | P-SP    | 1370 x 1425 x 1275 (mm) | Use of Plates |
| MV Olympic Bench             | F-MOB   | 1590 x 1710 x 1150 (mm) | Use of Plates |
| Olympic Bench                | F-OB    | 1530 x 1720 x 1155 (mm) | Use of Plates |
| Olympic Incline Bench        | F-OIB   | 1590 x 1750 x 1405 (mm) | Use of Plates |
| Olympic Decline Bench        | F-ODB   | 1590 x 2020 x 1110 (mm) | Use of Plates |
| Adjustable Incline Bench     | F-AIB   | 610 x 1520 x 500 (mm)   | -             |



# SPECIFICATIONS

|                                  |         |                        |               |
|----------------------------------|---------|------------------------|---------------|
| Adjustable Incline Bench Pro     | F-AIBP  | 655 x 1440 x 1165 (mm) | -             |
| Adjustable Decline Bench         | F-ADB   | 675 x 1500 x 650 (mm)  | -             |
| Flat Bench                       | F-FB    | 680 x 1300 x 435 (mm)  | -             |
| Utility Bench                    | F-UB    | 700 x 1330 x 880 (mm)  | -             |
| Preacher Curl Bench              | F-PCB   | 840 x 1075 x 960 (mm)  | -             |
| Preacher Curl Bench (stand type) | F-PCB-S | 800 x 1020 x 940 (mm)  | -             |
| Hip Thrust Bench                 | F-HTTB  | 830 x 580 x 475 (mm)   | -             |
| Bentover Bench                   | F-BOB   | 700 x 1505 x 780 (mm)  | -             |
| Sit UP                           | F-SU    | 690 x 1520 x 1190 (mm) | -             |
| Moving Leg Raise                 | F-MLR   | 660 x 1075 x 1370 (mm) | -             |
| Dip & Leg Raise                  | F-DLR   | 700 x 1440 x 1580 (mm) | -             |
| Twist Double                     | F-TD    | 540 x 1480 x 1285 (mm) | -             |
| Roman Chair (45~90° Adjust)      | F-RC    | 860 x 1260 x 845 (mm)  | -             |
| GHD 90° Roman Chair              | F-GHD   | 920 x 1635 x 960 (mm)  | -             |
| Multi Lateral Raise              | P-MLR   | 820 x 1800 x 1275 (mm) | Use of Plates |
| T-Bar Row                        | P-TR    | 900 x 2175 x 905 (mm)  | Use of Plates |
| Seated Calf Raise                | F-SCR   | 590 x 1250 x 950 (mm)  | -             |
| Dumbbell Rack (Basic)            | F-DBR   | 2415 x 760 x 930 (mm)  | -             |
| Dumbbell Rack (Low)              | F-DBR-2 | 2415 x 580 x 650 (mm)  | -             |
| Dumbbell Rack (Small)            | F-DBR-3 | 1580 x 685 x 1040 (mm) | -             |
| Discus Rack                      | F-DR    | 600 x 610 x 1345 (mm)  | -             |
| Fixed Barbell Rack               | F-FBR   | 1000 x 850 x 1620 (mm) | -             |
| Fixed Barbell Rack (Half)        | F-FBR-H | 885 x 600 x 1620 (mm)  | -             |
| Barbell Rack (Stand)             | F-BR-S  | 1245 x 600 x 245 (mm)  | -             |
| Handle Rack Pro                  | F-HDR-P | 780 x 1190 x 1365 (mm) | -             |

CERTIFICATES AND PATENTS



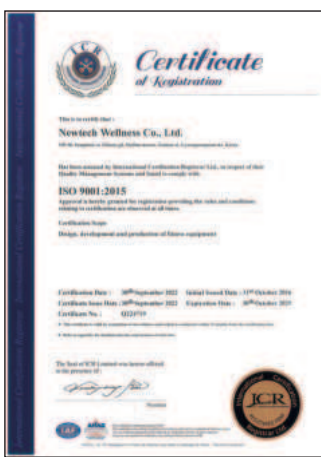
▲ ISO 14001 Certificate(Korean)



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▲ ISO 9001 Certificate(Korean)



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▲ KC Certificate  
(Leg Extension Machine)



▲ KC Certificate  
(Bench Press)



▲ KC Certificate  
(Updominal)



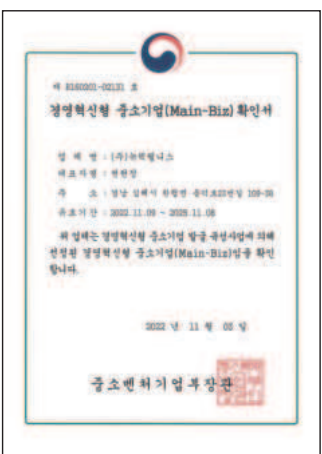
▲ KC Certificate  
(Let Pull Down Machine)



▲ TUV Certificate  
(Wide Pulldown Rear-2)



▲ TUV Certificate  
(Multi Pulley)



▲ MAIN-BIZ

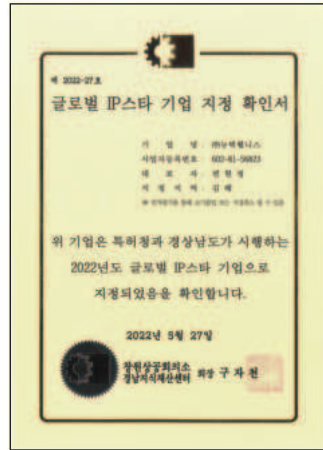


▲ INNO-BIZ

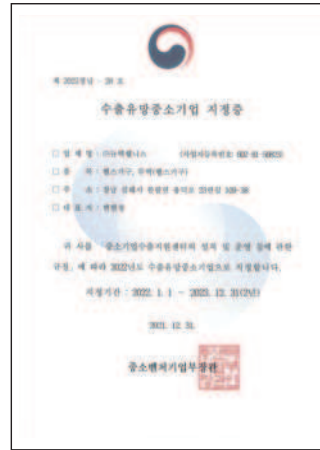




▲ 2022 Outstanding Sports Company of the Year



▲ Designated as a global IP star company



▲ Certificate of Designation as Promising Export Small and Medium Business



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▲ Utility model registration certificate



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