

# S3.15

Strength Training System



**Form and function, perfectly matched.  
Engineered to move the way you move.**

**Affordable and compact.**

Quickly develop every major muscle group in your body with one of the most affordable and compact gyms on the market.

**Workout variety.**

Achieve all of your strength-training goals with more than 25 types of lifts, rows, presses and curls designed to build muscle, strength and balance.

**Built-in quality.**

Our 10-year warranty exceeds the industry standard with a worry-free pledge that reflects a 25-year commitment to excellence in fitness equipment design.

# S3.15

## Strength Training System

Form and function perfectly matched to move the way you do.

### Product Specifications

Stacks	Single
Stack Weight	150 lbs (68 kg)
Frame	2 in x 2 in x .1 in (51 mm x 51 mm x 3 mm) wall 2 in x 3 in x .1 in (51 mm x 76 mm x 3 mm) wall tubing
Frame Finish	Electrostatic powder coating
Upholstery	Black stitched vinyl over contoured foam
Cables	1/8-in military spec cable with nylon sheath 2,000 lbs (909 kg) tensile strength swiveling cable ends
Pulleys	Nylon/fiberglass pulleys; ABEC-rated ball bearings
Floor Space	3ft 4in x 5ft 11in (102cm x 180cm) 4ft 5in x 5ft 11in (135cm x 180cm) w/ optional multi-hip/glute 6ft 5in x 5ft 11in (196cm x 180cm) w/ optional leg press 6ft 8in x 5ft 11in (203cm x 180cm) w/ optional leg press & multi-hip/glute
Height	6 ft 11 in (211 cm)
Optional Heavy Weight Stack	200 lbs (91 kg)
Top Plate	Cast iron top plate starting resistance of 10 lbs (5 kg)
Guide Rods	Free-floating 1-in diameter chromed steel
Accessories	Straight bar, ankle strap, ergonomic lat bar, ab/triceps strap, wall chart

### Features

### Options

Adjustable Seat	•	Heavy Weight Stack	•
Chest Supported Row	•	Leg Press	•
Multi-directional Press Arm (13 positions)	•	Multi Hip/Glute	•
		Shrouds	•

**1 Sturdiness and stability**—Solid components offer incredible durability and quality and pack a full compliment of total body exercises into a very compact machine.

**2 Unique upper-body workout**—Improve overall back and bicep development with the Chest Supported Seated Row, or perform unique pressing exercises with the Multi-directional Press Arm.

**3 Smooth, quiet operation**—Enjoy smooth, quiet weight movement with our free-floating guide rods and sound-absorbing rubber ends, which eliminate metal-to-metal contact.

**4 Unique hip and gluteal option**—Experience increased resistance and fast results with four different gluteal, hip and thigh exercises with the optional Multi-hip/Glute attachment, exclusive to the 3.15.

**5 Optional leg press**—Add variety and flexibility to your workout with the optional leg press. Features adjustable seat and floating foot plate to assure natural, smooth, thigh, hamstring, glute and calf exercises.

**6 Proper positioning**—Ergonomically correct design helps you find and hold the correct body position to help you personalize your exercise starting position and level of support.

**7 Versatile design**—The unique design of the 3.15 allows for the seated leg press and/or multi-hip options to be installed on either side - optimizing available floor space in any home environment.

**8 More standard features**—Add on the straight bar and other accessories to perform triceps presses, abdominal crunches and other exercises.



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\*shown with all options