



SPIRIT 4300  
STRENGTH RANGE

DESIGN. COMMITMENT. HERITAGE.

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2025

# SPIRIT 43 PRONE LEG CURL

## PIN SELECT

- Prone positioning allows full range of motion training of hamstrings across both hip and knee joints
- Pad angles stabilize hips to prevent them from rising during exercise
- Adjustable lower leg pad and range of motion to accommodate users of all sizes
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1725 x 1278 x 1500 m m
Product Weight	239kg



# SPIRIT 43 STANDING CALF EXTENSION

## PIN SELECT

- Upright positioning allows for training calf muscles across both knee and ankle joints
- Shoulder pads are adjustable to accommodate users of varying heights
- Non-slip foot plate provides stability and full range of motion in ankle joint
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1054 x 955 x 1656 m m
Product Weight	242kg



**SPIRIT**

# SPIRIT 43 STANDING BICEPS / TRICEPS

## PIN SELECT

- Dual machine combines the two most popular arm exercises
- Standing user positioning during Biceps and Triceps exercises stabilizes machine for smaller footprint
- Angled curling bar for Biceps and traditional rope for Triceps extension
- Storage hooks for each attachment when not in use
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	709 x 1492 x 2104 m m
Product Weight	210kg



# SPIRIT 43 PULLDOWN /SEATED ROW

## PIN SELECT

- Dual machine combines the two most popular back exercises
- Traditional Lat Pulldown with adjustable bar height and storage hooks
- Foot bars aid Low Row stabilization and storage hooks secure handle when not in use
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1808 x 1213 x 2270 m m
Product Weight	270kg



**SPIRIT**

# SPIRIT 43 FLY / REAR DELT

## PIN SELECT

- Dual exercise machine efficiently focuses on Pectoralis and Posterior Deltoids
- Multiple hand grips and range of motion adjustment aid positioning for these exercises
- Seat adjusts to accommodate users of all sizes
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1451 x 1463 x 1985 m m
Product Weight	239kg



# SPIRIT 43 LATERAL RAISE

## PIN SELECT

- Swiveling handles and counterbalanced arms to assist users of all levels
- Unilateral and bilateral motions for correcting muscle imbalances
- Full back pad provides support and comfort
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1315 x 944 x 1500 m m
Product Weight	235kg



**SPIRIT**

## SPIRIT 43 GLUTE

### PIN SELECT

- Positioning simulates a Glute kickback, keeping foot low to ground while extending back
- Chest pad positions the user leaning forward slightly for proper alignment and is adjustable
- Foot bar swivels for use with each training leg
- Integrated rep counter, set/rest period timer and built in phone/drink storage

### Specifications

Assembled Dimensions (LxWxH)	2160 x 1000 x 1500 m m
Product Weight	220kg



## SPIRIT 43 LOW ROW

### PIN SELECT

- Low row challenges the entire body with stabilization while pulling with arms and upper back muscles
- Dual foot bars allow users of all sizes a proper set-up and full range motion
- Low position of pulling handle helps keep elbows down, along sides of body
- Integrated rep counter, set/rest period timer and built in phone/drink storage

### Specifications

Assembled Dimensions (LxWxH)	1480 x 1020 x 1853 m m
Product Weight	235kg



**SPIRIT**

# SPIRIT 43 DIP/CHIN ASSIST

## PIN SELECT

- Machine uses a weight stack to reduce the users own body weight for pull up and dip exercises
- User platform positions user in kneeling position for greater sense of security
- Dip handles rotate to fit different shoulder widths
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1238 x 1187 x 2236 m m
Product Weight	263kg



# SPIRIT 43 LAT PULLDOWN

## PIN SELECT

- Traditional Lat Pulldown with adjustable chain-links for positioning of bar height
- Storage hooks for bar when not is use
- Adjustable thigh pads secure lower body for heavy weight pulls
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1475 x 1213 x 2303 m m
Product Weight	230kg



**SPIRIT**

# SPIRIT 43 DELTOID TRAINER

## PIN SELECT

- Independent arms with multiple adjustments in a wide arc for Deltoid raise and fly's
- Chest pad is angle for a proper forward body positioning and stability
- Seat adjusts to align shoulders with chest pad and machines axis of rotation
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1530 x 710 x 1567 m m
Product Weight	208kg



# SPIRIT 43 SEATED LEG PRESS

## PIN SELECT

- Large foot platform for foot placement variety and angled lower edge for calf exercises
- Angled sled provides support and simulates a squatting movement
- Linear bearings are durable and provide for a smooth pressing motion
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1864 x 1184 x 1500 m m
Product Weight	330kg



**SPIRIT**

# SPIRIT 43 BACK EXTENSION

## PIN SELECT

- Adjustable roller pad for ideal positioning across upper back
- Dual foot bars for lower body stabilization during exercise
- Lower back pad provides stability and allows for a full range of motion
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1223 x 1219 x 1500 mm
Product Weight	248kg



# SPIRIT 43 ABDOMINAL

## PIN SELECT

- Adjustable roller pad for ideal positioning across upper chest
- Adjustable range of motion to fit all sizes of users
- Lower back pad provides stability and allows for a full range of motion
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	900 x 1210 x 1500 mm
Product Weight	237kg



**SPIRIT**

# SPIRIT 43 TRICEPS EXTENSION

## PIN SELECT

- Angled arm pad helps to limit shoulder movement for focus on Triceps
- Extension bar pivots to adjust for varying forearm lengths and axis of rotation alignment
- Seat adjustment is used to align elbows with machines axis of rotation
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1245 x 1020 x 1500 m m
Product Weight	218kg



# SPIRIT 43 BICEPS CURL

## PIN SELECT

- Angled arm pad helps to limit shoulder movement for focus on Biceps
- Curling bar pivots to adjust for varying forearm lengths and axis of rotation alignment
- Seat adjustment is used to align elbows with machines axis of rotation
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1255 x 1085 x 1500 m m
Product Weight	208kg



**SPIRIT**

# SPIRIT 43 SEATED LEG CURL

## PIN SELECT

- Thigh pad adjusts to front of knees, keeping user in alignment with axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments
- Range of motion is adjustable for users with limited Hamstring's flexibility
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1455 x 1265 x 1500mm
Product Weight	240kg



# SPIRIT 43 LEG EXTENSION

## PIN SELECT

- Back pad adjustments for proper alignment with machines axis of rotation
- Lower Tibia pad self-adjusts limiting the number of necessary adjustments
- Range of motion is adjustable for users with limited knee flexion
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1475 x 1260 x 1500 m m
Product Weight	241kg



**SPIRIT**

# SPIRIT 43 TORSO ROTATION

## PIN SELECT

- Wrap-around arm pads help to maintain upright posture
- Adjustable range of motion
- Large thigh pads provide stability of lower body
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1314 x 930 x 1500 m m
Product Weight	226kg



# SPIRIT 43 SHOULDER PRESS

## PIN SELECT

- Horizontal and parallel grip options for users with shoulder limitations
- Unilateral and bilateral path of motion
- Seat provides range of motion adjustment
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1707 x 1459 x 1500 m m
Product Weight	233kg



**SPIRIT**

# SPIRIT 43 SEATED ROW

## PIN SELECT

- Grip's pivot and rotate to self-adjust and help maintain focus on back muscles
- Adjustable seat and chest pad provide proper positioning during the exercise
- Unilateral and bilateral motions for correcting muscle imbalances
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1590 x 1115x 1500 m m
Product Weight	233kg



# SPIRIT 43 SEATED CHEST PRESS

## PIN SELECT

- Overhead pivot follows body's natural movement for pressing motion
- Unilateral and bilateral motions for correcting muscle imbalances
- Vertical grips aid users with limited shoulder flexibility
- Back pad adjusts for proper range of motion
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## Specifications

Assembled Dimensions (LxWxH)	1555 x 985 x 1815 m m
Product Weight	237kg



**SPIRIT**

# SPIRIT 43 HIP ABDUCTION /ADDUCTION

## PIN SELECT

- Dual exercise hip machine saves floor space
- Large thigh pads and foot supports provide comfort and stability
- Bar across front of weight tower assists in entry and exit of machine
- Integrated rep counter, set/rest period timer and built in phone/drink storage

## *Specifications*

Assembled Dimensions (LxWxH)	1617 x 677 x 1500 m m
Product Weight	235kg



**SPIRIT**

# SPIRIT DUAL CHEST PRESS / SHOULDER PRESS

## PIN SELECT

- Seat and back pad adjust for proper pressing angles
- User can adjust for two chest press angles and a shoulder press
- Multiple sets of grips for chest and shoulder pressing
- Unilateral and bilateral pressing arm motions
- Integrated rep counter and built-in storage on top cap



## Specifications

Assembled Dimensions (LxWxH)	1350 x 1984 x 1676 mm
Product Weight	250kg

# SPIRIT DUAL LEG EXTENSION / LEG CURL

## PIN SELECT

- Challenges opposing muscle groups, Quadriceps and Hamstrings
- Machines axis of rotation is optimized for proper feel for both exercise
- Exercises can be switched and adjusted without leaving seated position
- Integrated rep counter and built-in storage on top cap



## Specifications

Assembled Dimensions (LxWxH)	1407 x 1373 x 1580 mm
Product Weight	271kg

**SPIRIT**

## SPIRIT DUAL BICEPS CURL / TRICEPS EXTENSION

### PIN SELECT

- Angled arm pad helps limit shoulder movement for focus on Biceps and Triceps
- Easily adjust machine Cam to switch between these opposing muscle exercises
- Machines axis of rotation and pivoting arm are optimized for proper feel
- Small back pad helps increase stability for Triceps exercise
- Integrated rep counter and built-in storage on top cap

### Specifications

Assembled Dimensions (LxWxH)	1115x 1310 x 1580 m m
Product Weight	182kg



## SPIRIT DUAL LEG PRESS / CALF EXTENSION

### PIN SELECT

- Footplate and back pad angle adjust for ideal setup for both leg and calf pressing
- Footplate four-bar linkage helps maintain ideal ankle alignment throughout exercise
- Footplate has an angled lower section to help with calf press positioning
- Integrated rep counter and built-in storage on top cap

### Specifications

Assembled Dimensions (LxWxH)	1940 x 1135 x 1580 m m
Product Weight	298kg



**SPIRIT**

# SPIRIT DUAL ABDOMINAL / BACK EXTENSION

## PIN SELECT

- Entry and positioning for both Abdominal and lower back exercises is easy for users of all levels
- Easily adjust machine Cam to switch between exercises
- Adjustable roller pad helps with ideal positioning between these exercises
- Dual foot bars for lower body stabilization during exercise
- Integrated rep counter and built-in storage on top cap

## *Specifications*

Assembled Dimensions (LxWxH)	1314 x 1119 x 1580 m m
Product Weight	227kg



**SPIRIT**



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