

## **MS-Multi stations** by Metagenics Fitness Inc.

Offering modern styling and optimum function with excellent biomechanics, the MS Series represents the best value-priced two and four stack multi-purpose gyms on the market today. With commercial quality construction and proper biomechanics, the MS line is the perfect choice for hotels, resorts, corporate fitness centers, police, fire agencies, apartments and condominium complexes and the residential market.

### **FEATURES**

#### **Structural Frame**

Modern styling and structural reliability through the use of 40mmx80mm and 50mmx100mm oval shaped tube and precision laser cut steel plate components.

#### **Pulleys**

Aluminum pulleys with deep V-grooved channel provide secure cable seating and optimum bearing rotation. Sealed ball bearings insure smooth and quiet pulley operation.



#### **Weight Stack**

5 kg/ 10 lbs. steel weight plates or the option of silent plastic-coated weight plates.

#### **Weight Stack Enclosure**

Heavy-duty 20-gauge steel panels enclose weight stacks for safety and aesthetics. Each panel can be easily removed when necessary.

#### **Axles and Ball Bearings**

17mm or 25mm solid steel pivot axles with lubricated sealed bearings encased in steel housings for frictionless movement and precision alignment of pivots.

### **MS-54 Multi station (5 stations / 4 stacks)**



5 work station with 4 stacks (four users simultaneously can use the MS-54)

DIMENSIONS: 2800x2300 mm and 2200mm tall/110" \* 90" and 87" tall

Weight stack: 4 steel stacks of 200 lbs or 4 silent plastic-coated stacks of 165 lbs each.

#### **Stations:**

1-Lat pull down, seated row, seated chest and shoulders, triceps.

2-Low pulley for biceps curl or leg swings with ankle strap supplied.

3-Leg extension / seated Leg curl.

4-Adjustable two handle cable column for functional exercises.

5-Leg press / calf press.

N.W.: 660Kg 1,452 lbs.

### **MS-42 Multi station (4 stations / 2 stacks)**



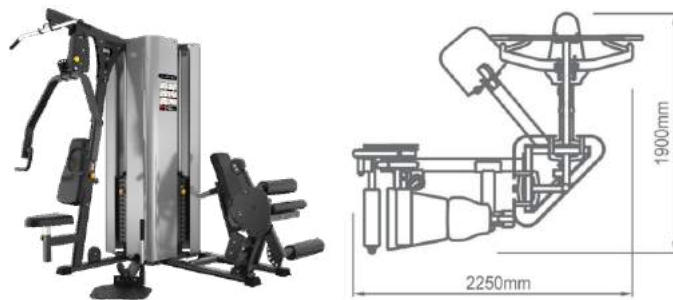
4 work stations with 2 stacks (two users simultaneously can use the MS-42)

DIMENSIONS: 2700x2250 mm and 2200mm tall/106" \* 89" and 87" tall

Weight stack: 2 steel stacks of 200 lbs or 2 plastic coated stacks of 165 lbs each.

- 1-Lat pull down, seated row, seated chest and shoulders, triceps.
- 2-Low pulley for biceps curl or leg swings with ankle strap supplied.
- 3-Leg extension / seated Leg curl.
- 4-Leg press / calf press.

### MS-32 Multi station (3 stations / 2 stacks)

**Stations:**

- 1-Lat pull down, seated row, seated chest and shoulders, triceps.
- 2-Low pulley for biceps curl or leg swings with ankle strap supplied.
- 3-Leg extension / seated Leg curl.

### Exercise diagram glued to shrouds

