

## **Correctional Gym Equipment Machines to be used by inmates without supervision**

### **MF-Biangular trainer 2020**

The first multi-motion machine that allows the user to work three different body parts with six different multi-plane movement patterns. You can upgrade your facility with the latest technology in converging and diverging strength equipment with a single machine, using a 4' X 7' area.

Multi purpose machine that allows six movements; Lat pull down, Bench press, Incline press, Lat row, Hi row and shoulder press.

Dimensions: Width - 48" Depth - 80" Height - 70"

Shipping Weight: 675 lbs.

Weight Stack: 300 lbs. 19 plates of 15 lbs plus top plate

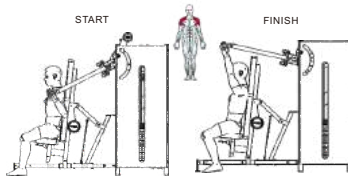
Black upholstery. Three-seat position allows 6 different exercises. Full commercial machine with 2.5 mm of steel tube thickness.

Safety: All three POP pins knobs secured with wire rope. Magnetic selector pin secured to the frame with wire rope. No shrouds or plastic caps, commercial pulleys and cables. Has pre-drilled flanges to secure to the concrete floor with ½" concrete anchors.

MF-Biangular trainer 2020



# BIANGULAR TRANSFORMER

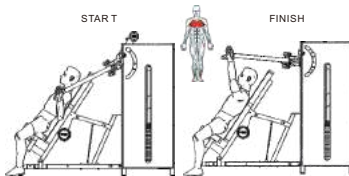


## Shoulder Press (Shoulders)

**Set-up** Select training weight. Set exercise arms in down position using spring pin marked arm adjustment. Adjust seat and back pad into Shoulder Press/Pulldown position.

**Enter Unit** Sit down with back against pad, adjust seat height for desired range of motion. Choose hand grip.

**Exercise** With back and head against pad and feet on floor, press up in a slow, controlled motion.

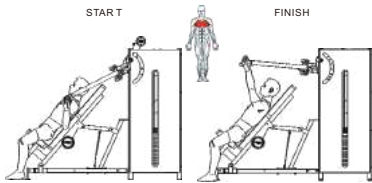


## Incline Press (Chest)

**Set-up** Select training weight. Set exercise arms in down position using spring pin marked arm adjustment. Adjust seat and back pad into Incline Press position.

**Enter Unit** Sit down with back and head against pad. Adjust seat to position upper barbell grip at top rib. For best upper chest work, use upper barbell grip or neutral grip.

**Exercise** With back and head against pad and feet on floor, press up in a slow, controlled motion.

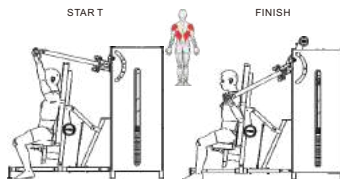


## Bench Press (Chest)

**Set-up** Select training weight. Set exercise arms in down position using spring pin marked arm adjustment. Adjust seat and back pad into Bench Press position.

**Enter Unit** Sit down with back and head against pad. Adjust seat to position either upper or lower barbell grip at mid chest.

**Exercise** With back and head against pad and feet on floor, press up in a slow, controlled motion.

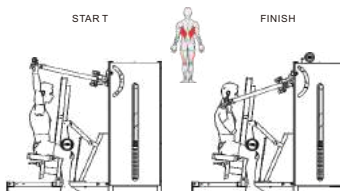


## High Row (Back)

**Set-up** Select training weight. Set exercise arms in up position using spring pin marked arm adjustment. Adjust seat and back pad into Shoulder Press/Pulldown position.

**Enter Unit** Sit down with back against pad, adjust seat height for desired range of motion. Choose hand grip.

**Exercise** With feet on floor and back on pad, pull arms down in a slow, controlled motion.

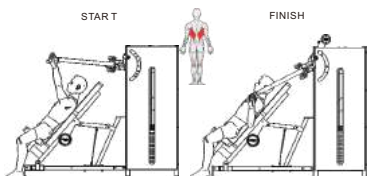


## Lat Pulldown (Back)

**Set-up** Select training weight. Set exercise arms in up position using spring pin marked arm adjustment. Adjust seat and back pad into Shoulder Press/Pulldown position.

**Enter Unit** Sit down facing pad with thighs under rollers. Adjust seat for desired range of motion. Choose hand grip.

**Exercise** With feet on floor lean back slightly, pull arms down in a slow, controlled motion.



## Lat Row (Back)

**Set-up** Select training weight. Set exercise arms in up position using spring pin marked arm adjustment. Adjust seat and back pad into Incline Press position.

**Enter Unit** Sit down with back against pad, adjust seat height for desired range of motion. Choose hand grip.

**Exercise** With feet on floor and back on pad, pull down in a slow, controlled motion.

## MF-Leg Extension / Lying Leg Curl 2022

Dimensions Length 59" Width 42" Height 63"

Leg roller pad easily adjusts to accommodate varying leg lengths.

Shipping Weight: 500 lbs.

Weight Stack: 250 lbs. 14 plates of 15 lbs , 4 plates of 10 lbs plus top plate.

Dimensions: Width 42" Depth 59" Height 63"

Black upholstery. Two-seat position allows for leg extension and lying leg curl.

Full commercial machine with 2.5 mm of steel tube frame thickness.

Safety: All four POP pins knobs secured with wire rope. Magnetic selector pin secured to the frame with wire rope. No shrouds or plastic caps, commercial pulleys and cables. Has pre drilled flanges to secure to the concrete floor with ½" concrete anchors.

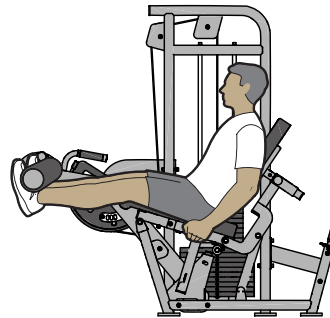
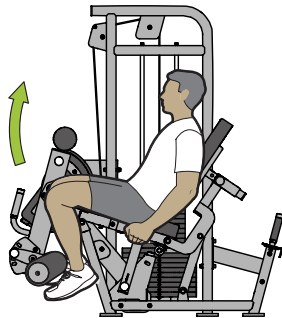
MF-Leg extension/Lying leg curl 2022



## MF-LEG EXTENSION /LYING LEG CURL 2022

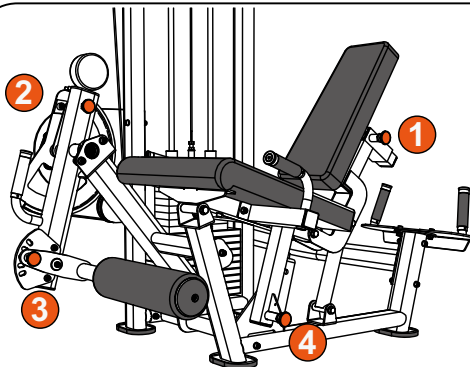
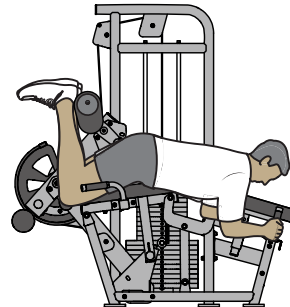
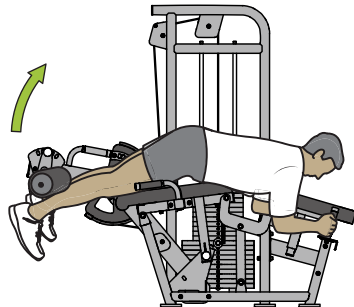
### LEG EXTENSION

Muscles Used: Quadriceps



### LYING LEG CURL

Muscles Used: Rear Thigh (Hamstrings)



### PIN SETUP

- 1 Back pad position adjustment POP pin.
- 2 Range of motion selection POP pin
- 3 Leg length adjustment POP pin
- 4 Leg extension or Leg curl dual adjustment position POP pin

## MF-Biceps/Triceps 2021

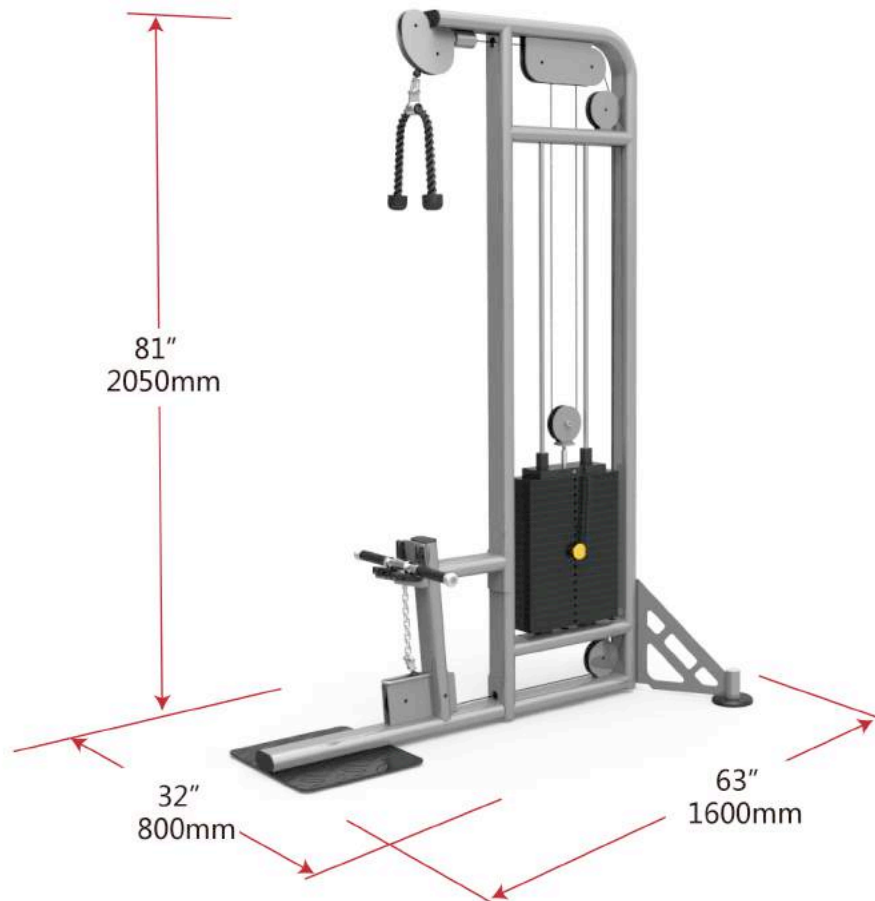
Dimensions Length 63" Width 32" Height 81"

Shipping Weight: 500 lbs.

Weight Stack: 250 lbs. 14 plates of 15 lbs , 4 plates of 10 lbs plus top plate.

Full commercial machine with 2.5 mm of steel tube frame thickness.

Safety: Triceps rope and Biceps bar permanently attached. Magnetic selector pin secured to the frame with wire rope. No shrouds or plastic caps, commercial pulleys and cables. Has pre drilled flanges to secure to the concrete floor with ½" concrete anchors. Double pulley at the top to prevent cable wear.



**Double pulley**

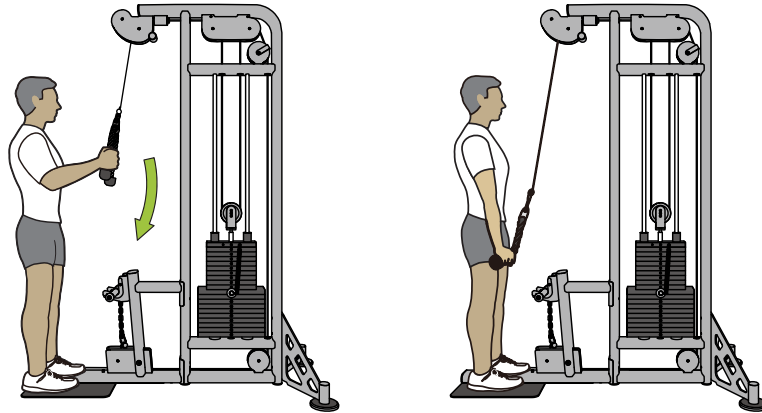
**Triceps rope and biceps bar irremovable**



## MF-BICEPS/ TRICEPS 2021

### Triceps Extension

Muscles Used: Triceps



### BICEPS CURL

Muscles Used: BICEPS

