

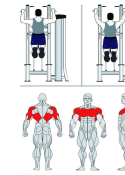


Trade mark: 4Health

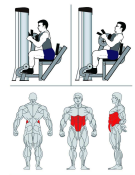
- Steel Tube: Elliptical tube, 60*120mm, thickness: 3mm
- Painting Color: Silver Grey
- Cushion Color: Black/Light Brown/Orange
- Sling: Diameter 6.35mm, made of Cables covered by PU, Capacity: 7000lbs
- Weight Stack: 100kgs in 20 pcs, Showing different zones, free, attention and warning
- Package: Iron Crate
- All the slings go inside of the tubes
- Three-Pillar-design: you can adjust the weight 2.5kg a step
- Adjustable handle, you can adjust the location of the handles according to your height and the length of arms.
- Exercise Movement: All the machines can be single exercised, the movement is arc.

Cena: 55 000,- Kč bez DPH

CENA-KVALITA-VÝKON



H-008 Super Legs
 Model: H-008 60*120mm 3mm
 Color: Silver Grey
 Body: Powder
 Adjust on appropriate weight according to your body
 height, adjust the height of cushions, hold the handles
 with your body straight, and flex the knees on the cushions.
 Exercise Movement
 Under the exercise movement, hold the handles
 and move your knees up and down, then repeat slowly.
 If you feel pain when you stop suddenly, contact the
 vendor.



H-010 Abdominal Machine
 Model: H-010 60*120mm 3mm
 Color: Silver Grey
 Body: Powder
 Adjust the seat height and make the chest cushion
 in a proper position for straight only your chest
 against the chest cushion. Keep your feet on the
 pedals. Move the cushions to your height to work.
 Exercise Movement
 Under the exercise movement, hold the chest cushion
 in your arms, push it forward by your chest, then
 repeat slowly.



H-01 Seated Chest Press

Exercise position: Pectorals, Shoulder Deltoid, Triceps Brachii

Cena: 55 000,- Kč bez DPH



H-02 Butterfly

Exercise position: Pectorals

Cena: 55 000,- Kč bez DPH



H-03 Shoulder Press

Exercise position: Trapezius, Levator Scapulae

Cena: 55 000,- Kč bez DPH



H-04 Seated Row

Exercise position: Pectorals, Shoulder Deltoid, Triceps Brachii

Cena: 55 000,- Kč bez DPH



H-05 Cable Crossover

Exercise position: Pectorals, Dorsal Muscles, Arm Muscles,

Cena: 75 000,- Kč bez DPH



H-06 Biceps Curl

Exercise position: Biceps

Cena: 55 000,- Kč bez DPH



H- 11Rotary Torso

Exercise position: Abdominal Muscles, Lumbar Muscles

Cena: 55 000,- Kč bez DPH



H-12A Seated Horizontal Pully

Exercise position: Trapezius, Lats, Biceps

Cena: 55 000,- Kč bez DPH



H-12 High Pully

Exercise position: Latissimus Dorsi

Cena: 55 000,- Kč bez DPH



H-13A Horizontal Leg Curl

Exercise position: Biceps Femoris

Cena: 55 000,- Kč bez DPH



H-14 Leg Extension

Exercise position: Quadriceps Femoris

Cena: 55 000,- Kč bez DPH



H-15 Leg Press

Exercise position: Gluteus Maximus, Gastroc Nemius, Quadriceps Femoris, Soleus

Cena: 55 000,- Kč bez DPH



H-16A Standing Leg Extension
Exercise position: Quadriceps Femoris
Cena: 55 000,- Kč bez DPH



H-18 Inner Thigh Adductor
Exercise position: Gluteus Maximus, Vastus Lateralis
Cena: 55 000,- Kč bez DPH



H-27A Upper Limbs
Exercise position: Triceps, Deltoids, Pectoralis Major, Serratus Anterior, Lats
Cena: 55 000,- Kč bez DPH



H-29 Seated Calf Machine
Exercise position: Calf Muscles
Cena: 55 000,- Kč bez DPH



H-20 Smith Machine
Exercise position: Pectoralis Major, Shoulder Muscles, Thigh Muscles
Cena: 55 000,- Kč bez DPH



H-8823 Weight Bench
Cena: 19 000,- Kč bez DPH



H-8824 Declinet Bench
Cena: 19 000,- Kč bez DPH



H-8825 Incline Bench
Cena: 19 000,- Kč bez DPH



H-8826 Roman Chair
Cena: 12 000,- Kč bez DPH



H-28 Web Board
Cena: 12 000,- Kč bez DPH



H-28 Adjustable Web Board
Cena: 14 000,- Kč bez DPH



H-30 Dumbbell Rack
Cena: 16 000,- Kč bez DPH



H-36 Flat Bench
Cena: 7 000,- Kč bez DPH



H-37 Multi Adjustable Bench
Cena: 12 000,- Kč bez DPH



H-40 Scott Bench
Cena: 12 000,- Kč bez DPH



H-41 Weight Plate Tree
Cena: 7 500,- Kč bez DPH



H-41 Weight Plate Tree
Cena: 7 000,- Kč bez DPH