

HG3 HERCULEAN CROSS TRAINER



If you require more information on products or availability, please contact using details below.

Frame	Combination 50mm Square and 60mm x 30mm Oblong Main Frame with 32mm Square Tubular Steel VKR Frames.
Frame Support	Black Coloured Rubber Frame End Caps.
Frame Finish	Chip Resistant, Black Hammertone Epoxy Powder Coated.
Seats and Backrest	Deep Padded Vinyl (Cloth Backed) Covered Seat, Backrest and VKR Support Pads with Screen Printed V-fit Logo.
Grips and Rollers	Black Coloured Expanded Foam Grips and Leg Rollers.
Resistance System	Unique "Double-up" Cable Operated System with 10 x 4.5kg Aggregate Filled Vinyl Shells.
Maximum Resistance	90kg RESISTANCE on the Bench Press.
Stepping Action - Single/Dual	Single Independent Action.
Stepper Resistance System	Twin Independent Hydraulic Cylinders Rated at 42 PSI.
Step Arms	60mm x 30mm Oblong Tubular Steel.
Footplates	Black Coloured, Oversize, PVC Dimpled, Non-Slip.
Exercise Stations	Bench Press and Chest Press, Lat Pulldown (Front and Back), Pec Dec Leg Extension and Back Leg Curls, Upright Rows, Crunches / Sit-ups, Knee Raise and Leg Lift Aerobic Stepper
Assembled Dimensions	L 188cm x W 131cm x H 214cm x Wt 112kg