

HG4 HERCULEAN SUPER 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 Frames 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 Backrests	Deep Padded Vinyl (Cloth Backed) Covered Seat, Backrest, VKR Support Pads and Slantboard 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.
Speedball Platform	Black Painted 5-Ply Board.
Speedball	7" PU Inflatable Ball with Steel Swivel.
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	Multi position Adjustment
Assembled Dimensions	L 188cm x W 161cm x H 214cm x Wt 137kg