Back to the Future with **Muscle D Elite Machines**

From the Ancient Rugged past..

..To the Sleek Modern Present!

Muscle D Fitness
LEG PRESS
MDE - 09A
- Perfect back pad angle in reference to the foot platform opens up the upper torso for complete leg press action
- Simple pull handle positions the seated carriage for pre-stretch
- Smooth rollers ensure a friction-free pressing action
- Chrome oversized guide rods are angled to add user’s body weight to the overall resistance
- Large foot platform gives user choice of isolating quadriceps or hamstring and glutes
- 310 lb steel weight stack with magnetic selector pin
- 74”L x 48”W x 64”H, 675 lb
- 188 cm x 122 cm x 163 cm, 306 kg

SEATED LEG CURL
MDE - 11
- Adjustable ankle roller pad accommodates all leg lengths
- Press stretch adjustment on leg arm allows different pre-stretch
- Quick adjusting backrest to line up knee joint with cam axis
- Handles next to seat secures users while isolating hamstring muscles
- Adjustable thigh pad isolates the legs for effective leg curls
- Articulated seat pad for easy replacement after extended wear
- Anatomically correct cam for precise and proper front thigh development
- 200 lb steel weight stack with magnetic selector pin
- 69” L x 51” W x 64” H, 535 lb
- 172 cm x 129 cm x 163 cm, 243 kg

LEG EXTENSION
MDE - 10
- Adjustable ankle roller pad accommodates all leg lengths
- Press stretch adjustment on leg arm allows different pre-stretch
- Quick adjusting backrest to line up knee joint with cam axis
- Handles next to seat secures users while isolating front thigh muscles
- Articulated seat pad for easy replacement after extended wear
- Anatomically correct cam for precise and proper front thigh development
- 200 lb steel weight stack with magnetic selector pin
- 57” L x 49” W x 64” H”, 510 lb
- 144 cm x 123 cm x 163 cm, 232 kg
INNER/OUTER THIGH
MDE - 14A

• Large thigh pads swivel for quick change between inner and outer thigh exercises
• Handle release allows the arms to swing in and out for respective exercises
• Contoured seat for greater comfort
• Great isolation for inner and outer thigh contouring
• 160 lb steel weight stack with magnetic selector pin
• 65” L x 41” W x 64” H, 440 lb
• 164 cm x 103 cm x 163 cm, 200 kg

GLUTE
MDE - 07A

• Long lever leg press bar gives a smooth arc for strong and shapely glutes
• Comfortable elbow pads and hand grips isolates the upper body during the leg pressing motion
• Foot platform stabilizes the leg opposite the pressing leg
• 160 lb steel weight stack with magnetic selector pin
• 86” L x 42” W x 64” H, 445 lb
• 218 cm x 106 cm x 163 cm, 202 kg

PRONE LEG CURL
MDE - 20

• Adjustable ankle roller pad accommodates all leg lengths
• Pre-stretch adjustment on leg arm allows different pre-stretch
• V-shaped pads secure upper torso and legs to isolate the hamstring muscles.
• Handles and elbow pads secure upper torso.
• Anatomically correct cam for precise hamstring development
• 160 lb steel weight stack with magnetic selector pin
• 69” L x 51” W x 64” H, 535 lb
• 172 cm x 129 cm x 163 cm, 243 kg
SHOULDER PRESS
MDE - 04
• Convergent overhead pressing motion for great shoulder and tricep development
• Multiple grip positions for isolating deltoid and tricep muscles
• One touch seat height adjustment while seated
• Contoured seat for greater comfort while pressing
• 200 lb steel weight stack with magnetic selector pin
• 70” L x 63” W x 64” H, 515 lb
• 177 cm x 166 cm x 163 cm, 234 kg

LAT/LOW ROW
MDE - 19
• Traditional lat pulldown bars for a wide or narrow grip.
• Switch quickly to low rows using non-skid foot pads
• Wide or narrow grip positions for better Lat isolation
• Long low row bench fits any size user.
• Adjustable roller pads secure thighs and torso for max performance
• 200 lb steel weight stack with magnetic selector pin
• 65” L x 58” W x 71” H, 525 lb
• 165 cm x 148 cm x 179 cm, 238 kg

SIDE LATERAL
MDE - 20
• One touch seat height adjustment while seated to position shoulders with pivot axes on the cams
• Comfortable, large elbow pad rollers
• Anatomically correct cam for precise shoulder and traps development
• Chest pad anchors upper body into the correct position.
• 200 lb steel weight stack with magnetic selector pin
• 65” L x 58” W x 71” H, 525 lb
• 165 cm x 148 cm x 179 cm, 238 kg
SEATED ROW
MDE - 005

• Rotating grip positions for isolating Lat and Rear Delt muscles
• One touch seat height adjustment while seated
• Adjustable chest pad for pre-stretch adjustment
• Contoured seat for greater comfort while rowing
• Foot Platform (not shown) provides added bracing for Rows.
• 200 lb steel weight stack with magnetic selector pin
• 58” L x 43” W x 64” H, 475 lb
• 148 cm x 109 cm x 163 cm, 216 kg

LAT PULLDOWN
MDE - 03

• Divergent pulldown bars create a sculpted back
• Wide or narrow grip positions for better Lat isolation
• One touch seat height adjustment while seated
• Angled roller pads secure thighs and torso for max performance
• 200 lb steel weight stack with magnetic selector pin
• 65” L x 58” W x 71” H, 525 lb
• 165 cm x 148 cm x 179 cm, 238kg

ASSISTED CHIN DIP
MDE - 16

• Wide or narrow chin grip handles for sculpting the lat back muscles
• Dip handles rotate in and our for different attacks on the triceps
• Knee platform can be lowered out of the way for non-assisted chins and dips
• Steps make it easy to reach the knee platform
• Extremely quiet operation by the precision bearings on the carriage
• 200 lb steel weight stack with magnetic selector pin
• 46” L x 56” W x 90” H, 575 lb
• 118 cm x 143 cm x 229 cm, 261kg
ELITE LINE | CHEST

CHEST PRESS  
MDE - 01
- Converging chest press motion for maximum pec development
- Extremely smooth pressing motion in correct pathway
- Unique back and pressing handle adjustments for pre-stretch
- Contoured seat for greater comfort while pressing
- One touch seat height adjustment while seated
- 200 lb steel weight stack with magnetic selector pin
- 56” L x 53” W x 64” H, 490 lb
- 143 cm x 134 cm x 163 cm, 222 kg

PEC DECK/ REAR DELT  
MDE - 15
- Great dual purpose machine for chest and deltoids
- Self-adjusting arms swing in and out for different arm lengths
- Multiple holes in the cams for more or less pre-stretch
- Accommodating variable resistance for mac chest and rear delt development
- Contoured sear for greater comfort while doing curls
- One touch seat height adjustment while seated
- 200 lb steel weight stack with magnetic selector pin
- 59” L x 51” W x 83” H, 520 lb
- 150 cm x 130 cm x 120 cm, 236 kg

ELITE LINE | CORE

ABDOMINAL CRUNCH  
MDE - 02A
- Anatomically correct cam shape gives proper resistance for the full crunching motion
- One touch seat height adjustment while seated
- Articulated back pads open the ab muscles for full extension then contraction
- Self-adjusting handlebars for different height users
- Arm and elbow pads allow better ab isolation
- 160 lb steel weight stack with magnetic selector pin
- 53” L x 41” W x 65” H, 570 lb
- 135 cm x 104 cm x 165 cm, 259 kg
LOW BACK EXTENSION
MDE - 08
• Anatomically correct shaped cam gives proper resistance to strengthen the lower back muscles.
• Convenient pull pin adjusts the desired amount of pre-stretch.
• Lumbar supports the back pad indexes’ upper torso in alignment with the cam axis.
• Contoured seat allows legs and feet to brace themselves on foot plates.
• 180 lb steel weight stack with magnetic selector pin.
• 59” L x 51” W x 60” H, 490 lbs
• 135 cm x 104 cm x 165 cm, 222 kg

ROTARY TORSO
MDE - 18
• Thigh pads and foot plates lock user into position so that complete torso rotation is possible
• Multiple hand grip positions give variation for pre-stretch
• Oblique muscles and the core are isolated for max results
• Cam delivers variable resistance throughout the entire exercise
• 160 lb steel weight stack with magnetic selector pin
• 60” L x 60” W x 64” H, 375 lb
• 151 cm x 151 cm 163 cm, 171 kg

BICEP CURL
MDE - 12A
• Independent curling arms for max bicep isolation and development
• Rotating handles accommodate any size user
• Angled pads for just the correct upper arm stabilization
• Contoured seat for greater comfort while doing curls
• One touch seat height adjustment while seated
• 160lbs steel weight stack with magnetic selector pin
• 62” L x 63” W x 64” H, 480 lb
• 133cm x 160 cm x 163 cm, 218 kg

TRICEP PRESS
MDE - 06
• Pressing handles rotate for wide or narrow press downs
• One touch seat height adjustment while seated
• Contoured seat for greater comfort while pressing
• Angled back pad isolates upper torso during the exercise
• 160 lb steel weight stack with magnetic selector pin
• 78” L x 43” W x 64” H, 465 lb
• 198 cm x 108 cm x 163 cm, 211 kg
Rotary Lat Pulldown (LRLP)

- Unique lat pulldown exercise for building wide lats.
- Resistance increase throughout the exercise to match lat muscle strength.
- Iso-lateral arms with multiple grips and handles for varied workouts.
- Custom foot plate for non-slip usage.
- Precision enclosed bearings for years of trouble-free use.
- Spring loaded seats for EZ height adjustment.
- Stainless Steel weight holders and storage pegs.
- Wear-resistant upholstery sleeves for heavy usage and extended pad life.
- 11 gauge Steel with 3/8” inch thick junctions.
- 67” W x 48” L x61” H, 591lb
- 170 cm x 122 cm x 155 cm, 268 kg

Standing Single Arm Row (LSSAR)

- Unique standing row that isolates lat muscles by exercising one lat side at a time.
- Idle lat and arm holds torso in a fixed position by grasping solid round bar grip.
- Custom foot plate for non-slip usage.
- Precision enclosed bearings for years of trouble-free use.
- Stainless Steel weight holders and storage pegs.
- Wear-resistant upholstery sleeves for heavy usage and extended pad life.
- Idle lat and arm holds torso in a fixed position by grasping solid round bar grip.
- 11 gauge Steel with 3/8” inch thick junctions.
- 52” W x 57” L x57” H, 410lb
- 132 cm x 145 cm x 145 cm, 186 kg

Seated Low Row (SLR)

- Resistance increases throughout the exercise to match lat muscle strength.
- Iso-lateral arms with multiple grips and handles for varied workouts.
- Custom foot plate for none-slip usage braces legs so lats can be isolated.
- Precision enclosed bearings for years of trouble-free use.
- Spring loaded seats for EZ height adjustment.
- Stainless Steel weight holders.
- 11 gauge Steel with 3/8” inch thick junctions.
- 49” W x 59” L x 50” H, 278 lb
- 124 cm x 149 cm x 125 cm, 124 kg
Front Lat Pulldown (LFLP)

- Resistance increases throughout the exercise to match lat muscle strength.
- Iso-lateral arms with wide grips to hit the lower lat muscles.
- Angled thigh pads braces legs so lats can be isolated.
- Precision enclosed bearings for years of trouble-free use.
- Spring loaded seats for EZ height adjustment.
- Stainless Steel weight holders and storage pegs.
- Wear-resistant upholstery sleeves for heavy usage and extended pad life.
- 11 gauge Steel with 3/8” inch thick junctions.
- 49” W x 75” L x 79” H, 377 lb
- 125 cm x 190 cm x 201 cm, 171 kg

Chest/Decline Press (LCDP)

- Resistance increases throughout the exercise to match chest muscles strength.
- Iso-lateral arms with wide grips to hit the lower chest muscles.
- Unique Pre-start adjustments designed to fit all body thicknesses.
- Adjustable back pad gives greater range of motion.
- Custom foot plate for non-slip usage.
- Precision enclosed bearings for years of trouble-free use.
- Spring loaded seats for EZ height adjustment.
- Stainless Steel weight holders and storage pegs.
- Wear-resistant upholstery sleeves for heavy usage and extended pad life.
- 11 gauge Steel with 3/8” inch thick junctions.
- 65” W x 63” L x 55” H, 409 lb
- 164 cm x 160 cm x 139 cm, 409 kg

Chest/Incline Press (LCIP)

- Resistance increases throughout the exercise to match chest muscles strength.
- Iso-lateral arms with wide grips to hit the upper chest muscles.
- Unique Pre-start adjustments designed to fit all body thicknesses.
- Adjustable back pad gives greater range of motion.
- Custom foot plate for non-slip usage.
- Precision enclosed bearings for years of trouble-free use.
- Spring loaded seats for EZ height adjustment.
- Stainless Steel weight holders and storage pegs.
- Wear-resistant upholstery sleeves for heavy usage and extended pad life.
- 11 gauge Steel with 3/8” inch thick junctions.
- 44” W x 81” L x 55” H, 549 lb
- 112 cm x 205 cm x 140 cm, 249 kg
ELITE LEVERAGE | LEGS

Front/Rear/Calf Squat Combo (LFRCSC)

- Resistance increases throughout the exercise to match leg muscles strength.
- Front facing squats emphasize Quad muscles.
- Rear facing squats emphasize Glute muscles.
- Positioning balls of feet on edge of platform makes for perfect pre-stretch and calf exercises.
- Custom foot plate for non-slip usage.
- Precision enclosed bearings for years of trouble-free use.
- Thick, high density foam shoulder pads for packing heavy weights on the machine.
- Stainless Steel weight holders and storage pegs.
- 11 gauge Steel with 3/8” inch thick junctions.
- 66” W x 64” L x 64” H, 364 lb
- 168 cm x 162 cm x 162 cm, 165 kg

LEG PRESS (LLP)

- Resistance increases throughout the exercise to match leg muscles strength.
- Pre-start lever allows user to start leg presses in the extended position.
- Pivoting, large Leg Press platform keeps feet in comfortable position.
- Very deep travel for full leg and glute muscles development.
- Pillow block bearings ensure smooth leg pressing motion.
- 60” L x 80” W x 57” H, 363 lb
- 145 cm x 158 cm x 173 cm, 165 kg

Leg Extension (LLE)

- Resistance increases throughout the exercise to match leg muscles strength.
- Great pre-stretch to give quads muscles great development.
- Adjustable back pad positions users properly to align knee joint with the arm axis.
- Wear-resistant upholstery sleeves for heavy usage and extended pad life.
- Extra thick belt on leg extension delivers years of trouble-free usage.
- Precision enclosed bearings for years of trouble-free use.
- Non-skid foot pads for easy on and off the machine.
- Stainless Steel weight holders and storage pegs.
- 11 gauge Steel with 3/8” inch thick junctions.
- 57” W x 64” L x 41” H, 305 lb
- 143 cm x 164 cm x 102 cm, 138 kg

Kneeling Leg Curl (LKLC)

- Resistance increases throughout the exercise to match leg muscles strength.
- Great pre-stretch to give hamstring muscles great development.
- Knee pad flips back and forth to allow isolation of one leg at a time.
- Comfortable forearm pads and handles allow perfect position knees with arm axis.
- Wear-resistant upholstery sleeves for heavy usage and extended pad life.
- Precision enclosed bearings for years of trouble-free use.
- Non-skid foot pads for easy on and off the machine.
- Stainless Steel weight holders and storage pegs.
- 11 gauge Steel with 3/8” inch thick junctions.
- 39” W x 49” L x 57” H, 273 lb
- 99 cm x 124 cm x 129 cm, 123.5 kg
**ELITE LEVERAGE | LEGS**

**Sprint/Strider Trainer-LSST**
- Leg length adjustment for shorter or taller users.
- Resistance increases throughout the exercise to match leg muscles strength.
- Alternate iso-lateral arm movements allow precision running training.
- Comfortable shoulder pads and handles allow perfect running position.
- Use heavier weights for greater glute and quad development.
- Precision enclosed bearings for years of trouble-free use.
- Non-skid foot pads for easy on and off the machine.
- Stainless Steel weight holders and storage pegs.
- 11 gauge Steel with 3/8" inch thick junctions
- 73" W x 53" L x57" H, 341 lb
- 185 cm x 135 cm x 145 cm, 155 kg

**BOOTY SHAPER (LBS)**
- Multiple handles for better upper torso stability with forearm pads
- Pivoting foot plate allows better isolation of the glute muscles
- Extended range of motion attacks the glutes completely
- Pillow block bearings ensure smooth pressing motion
- 80" L x 60" W x 57" H, 564 lb
- 203 cm x 152 cm x 145 cm, 165 kg

**ELITE LEVERAGE | SHOULDER&TRICEP**

**Shoulder Press (LSP)**
- Resistance increases throughout the exercise to match chest muscles strength.
- Iso-lateral arms with multiple grips to isolate shoulder and tricep muscles.
- Unique Pre-start adjustments designed to fit different heights of users.
- Adjustable back pad gives greater range of motion and positioning for all upper body thicknesses.
- Precision enclosed bearings for years of trouble-free use.
- Spring loaded seats for EZ height adjustment.
- Stainless Steel weight holders and storage pegs.
- 11 gauge Steel with 3/8" inch thick junctions.
- 67" W x 51" L x 58" H, 525 lb
- 170 cm x 130 cm x 146 cm, 238 kg

**ELITE LEVERAGE | ABDOMINALS**

**Abdominal Crunch (LAC)**
- Absolutely perfect positioning for doing ab crunches.
- Seat rotates 45 degrees to do isolate the oblique muscles.
- Foot rollers isolate allows isolation of the lower abs while lifting legs upwards.
- Long selection of hand grips position to micro-adjust the crunch exercise.
- Lumbar pad positions the torso in line with the pivot point for max contractions.
- Precision enclosed bearings for years of trouble-free use.
- Thick, high density foam shoulder pads for packing heavy weights on the machine.
- Stainless Steel weight holders and storage pegs.
- 11 gauge Steel with 3/8" inch thick junctions.
- 55" W x 46" L x68" H, 250 lb
- 131 cm x 117 cm x 171 cm, 113 kg
ON ALL WARRANTY ISSUES PLEASE CONTACT THE MUSCLE D FITNESS DEALER FROM WHOM YOU PURCHASED THE EQUIPMENT.

Muscle D Fitness warrants its products against defects in material and workmanship. This warranty is extended only to the original purchaser. During the warranty period, this product will be repaired or replaced, at Muscle D Fitness’ option, at no charge under the following conditions.

MOVING PARTS: Pulleys, bushings, ball bearings, and cables are guaranteed against defects in material and workmanship for a period of one year from date of purchase.

FRAMES & WELDS: 10 years from the date of purchase.

UPHOLSTERY: 90 DAYS from the date of purchase. The old part must be submitted back to Muscle D Fitness at the buyer’s expense for freight. This warranty only covers failures that result from misuse, abuse, modification, or improper assembly of the product. All freight damage must be noted on delivery. It is the responsibility of the receiving party to file a timely claim with the delivering carrier as all shipments are FOB the facilities of Muscle D Fitness in Paramount, CA and Long Beach, CA. Do Not sign off on the delivery truck’s bill of landing until you have inspected all the equipment for hidden damage!...and take pictures of such.

Repair or replacement as provided under this warranty is the exclusive remedy of the user. Muscle D Fitness shall not be liable for any incidental consequential damages for breach of any express or implied warranty on this product(s). Except to the extent prohibited by applicable law, any implied warranty of merchantability or fitness of a particular purpose on this product is limited in duration to the duration of this warranty.

Some states do not allow the exclusion or limitation of incidental or consequential damages or allow limitations of how long an implied have other rights which vary from state to state.

NOTICE: Muscle Dynamics reserves the right to make design changes without prior notification.

IMPORTANT NOTE: Due to the precise engineering and construction of the Muscle D equipment, the warranty is ONLY VALID if all the machines are assembled and palletized before shipping. If the machines are shipped unassembled, the buyer assumes all responsibility and costs for repairs or service of the equipment.

ELITE SELECTORIZED MACHINE SPECIFICATIONS

- Precision SOLID STEEL weight stacks.
- User-friendly weight stack position for quick resistance selection.
- High density, custom-molded pads and upholstery for a beautiful appearance.
- Machined steel anatomically designed correct cams for precise resistance.
- Polished chrome guide rods and slide adjusters.
- One touch, double arm seat height adjustment.
- Chrome pre-stretch adjuster plates.
- Colorful instruction placards for proper machine usage and breathing instructions.
- Stainless steel weight holders on the movement arms plus storage pegs.
- Precision, enclosed bearings for years of trouble-free, smooth use.
- Custom foot platforms for non-slip usage.
- Wear resistant upholstery sleeves for heavy usage and extended pad life.
- Spring loaded seats for EZ height adjustment while seated.
- Unique pre-stretch adjustments on pressing machines fits all size users.
- Super comfortable rubber grips with chrome ends.

ELITE LEVERAGE MACHINE SPECIFICATIONS

- Totally unique designs make workouts more productive and challenging.
- Convergent and Divergent motion on arms gives extra effectiveness to muscles.
- Rugged 11-gauge steel with ¼ inch+ thick junctions.
- Spring loaded seats for EZ height adjustment while seated.
- Unique pre-stretch adjustments on pressing machines fits all size users.
- Super comfortable rubber grips with chrome ends.