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LAT/LOW ROW COMBO MACHINE
MDD - 1004

- Great combo machine provides dual back exercises
- No cable adjustment for Lat Pulldowns to Low Rows
- Thigh hold-down rollers are fully adjustable
- Convenient, paint protector bar & handle holders
- Extra long bench for tall users
- 200 lb steel weight stack with smooth bushings
- 64” L x 28” W x 87” H, 500 lb
- 163 cm x 71 cm x 221 cm, 227 kg

MULTI-PRESS COMBO MACHINE
MDD - 1001

- A variety of pressing exercises for chest, shoulders, & triceps
- Precision linear bearings for the EZ Slide seat carriage adjustment
- Anatomically correct handgrips and pressing bar
- 200 lb solid steel weight stack
- 80” L x 50” W x 56” H, 476 lb
- 203 cm x 127 cm x 142 cm, 216 kg
LEG EXTENSION/PRONE LEG CURL COMBO MACHINE
MDD - 1007

- Pre-stretch range adjuster on cam
- Upright back to V-Bench seat adjuster
- Roller adjuster for different leg lengths
- Anatomically designed cam for smooth resistance
- Multiple, convenient hold-down handgrips
- 200 lb solid steel, precision weight stack
- 57” L x 36” W x 56” H, 490 lb
- 145 cm x 92 cm x 142 cm, 222 kg

LEG EXTENSION/SEATED LEG CURL COMBO MACHINE
MDD - 1007A

- Secure, adjustable comfortable thigh hold down pad
- Pneumatic seatback adjustor to align knee joint with axis
- Roller adjuster for different leg lengths
- Anatomically designed cam for smooth resistance
- Multiple, convenient hold-down handgrips
- 200 lb solid steel, precision weight stack
- 57” L x 36” W x 56” H, 490 lb
- 145 cm x 92 cm x 142 cm, 222 kg
PEC DECK/REAR DELT COMBO MACHINE
MDD - 1003

- Precision, EZ Glide seat with pneumatic lift assist
- Pre-stretch range adjuster for chest and rear deltoid exercises
- Unique, self-adjusting swivel arms for different arm lengths
- Anatomically designed cams for smooth resistance
- 200 lb solid steel, precision weight stack
- 44” L x 38” W x 78” H, 500 lb
- 112 cm x 97 cm x 198 cm, 227 kg

LEG PRESS/CALF RAISE COMBO MACHINE
MDD - 1009

- Total leg developer with leg presses
- Great stretch isolation for calf muscles
- EZ handgrip adjustable seat/backrest for pre-stretch positions
- Compound cam magnifies weight resistance
- Comfortable, convenient hand grips
- 200 lb solid steel, precision weight stack
- 68” L x 40” W x 68” H, 548 lb
- 173 cm x 102 cm x 173 cm, 249 kg

HI/LOW PULLEY COMBO MACHINE
MDD - 1010

- Over 10 different exercises can be done
- Dual split pulleys increase the multitude of exercises
- Fully adjustable pulley positions for multiple exercise angles
- 200 lb (90 kg) weight stack
- 55” L x 53” W x 87” H, 500 lb
- 150 cm x 193 cm x 221 cm, 227 kg
BICEP/TRICEP COMBO MACHINE
MDD - 1002

• Multi-hand positions on curl & tricep handle
• Precision, EZ Glide seat with Pneumatic lift assist
• Pre-stretch range adjuster
• Anatomically designed cam for smooth resistance
• Lower back support for tricep presses
• 150 lb solid steel weight stack
• 50” L x 36” W x 56” H, 455 lb
• 127 cm x 92 cm x 142 cm, 206 kg

Pre-Stretch Adjuster
On Handles

Pneumatic Lift Seat

Bicep Curl

Tricep Press

AB/BACK COMBO MACHINE
MDD - 1005

• Pre-stretch range adjuster on cam for EZ entry
• Convenient foot restraints for different users’ leg lengths
• Great abdominal crunching action
• Outstanding lower back strengthening
• 150 lb solid steel, precision weight stack
• 50” L x 36” W x 56” H, 425 lb
• 127 cm x 92 cm x 142 cm, 193 kg

Pre-Stretch Adjuster
On Handles

Take-Up Cam Pulley

Back Extension
INNER/OUTER THIGH COMBO MACHINE
MDD - 1006

- One touch, easy, pre-stretch range adjuster
- Swivel knee pads for quick inner or outer thigh changeover
- Comfortable, convenient handle grips
- 170 lb solid steel, precision weight stack
- 58” L x 28” W x 56” H, 466 lb
- 148 cm x 71 cm x 142 cm, 212 kg

EZ Adjuster Handle

WEIGHT ASSISTED CHIN/DIP COMBO MACHINE
MDD - 1008

- Wide or narrow grips for Chins & Dips
- Easy mount steps
- Up to 160 lb of weight assistance
- Thick, rubber encased handles for comfortable grips
- Precision bearings for ultra smooth motion
- 200 lb solid steel weight stack
- 48” L x 48” W x 88” H, 580 lb
- 122 cm x 122 cm x 224 cm, 263 kg

Roller Bearing Option
Super Quiet Operation
MDD - 1008A

Knee Support Drops Down
For Full Chins & Dips

EZ Width Adjuster Handle

Multiple Chin Grips
SEATED LEG PRESS
MDC - 1009

- Wide foot platform to train quads, glutes, hamstrings
- Smooth rollers on hardened guide rods for super smooth action
- Quick locking handle for sled adjustments
- 300 lb steel weight stack with magnetic selector pin
- Adjustable back option available: MDC - 1009A
- 74”L x 40”W x 63”H, 906 lb
- 188 cm x 102 cm x 160 cm, 411 kg

SEATED LEG CURL
MDC - 1006

- Adjustable backrest allows correct knee joint alignment with axis
- Easy squeeze handle for backrest adjustment
- Adjustable foot roller for more or less pre-stretch
- Easy adjustable thigh pads locks user in place for concentration on hamstrings
- 200 lb steel weight stack with magnetic selector pin
- 42”L x 48”W x 63”H, 496 lb
- 107 cm x 122 cm x 160 cm, 225 kg

LEG EXTENSION
MDC - 1005

- Adjustable backrest allows correct knee joint alignment with axis
- Adjustable foot roller for more or less pre-stretch
- Seat handles secure user while isolating thigh muscles
- 200 lb steel weight stack with magnetic selector pin
- 42”L x 50”W x 63”H, 496 lb
- 107 cm x 127 cm x 160 cm, 225 kg

STANDING CALF
MDC - 1019

- Contoured thick shoulder pads for max comfort during heavy calf raises.
- Easy shoulder pads height adjustment to fit all size users
- Wide, rounded foot tube to stand on for deep calf exercise with no pressure point pain on the feet.
- 200 lb (91 kg) steel weight stack with magnetic selector pin
- 42”L x 39” W x 92”H, 591 lb
- 106 x 99 x 234 cm, 268 kg
BOOTY BLASTER
MDC - 0001
• The ultimate gluteus maximus trainer for total isolation and development
• Precision linear bearings on hardened guide rods for super smooth action
• 120 lb steel weight stack with magnetic selector pin
• Counterbalanced leg platform facilitates lower starting weight
• 72”L x 47”W x 63”H, 550 lb
• 183 cm x 119 cm x 160 cm, 250 kg

MULTI-HIP
MDC - 1014
• Great for isolating inner & outer thigh muscles plus glutes
• Handles stabilize upper torso so leg muscles can be isolated
• Roller adjusts in length and rotates 180 degrees for different exercises
• 150 lb (68 kg) steel weight stack with magnetic selector pin
• 45”L x 47” W x 64” H, 624 lb
• 113 x 119 x 162 cm, 283 kg

SEATED ROW
MDC - 1023
• Multiple grip handles for precise lat development
• Precision, Air-Lift seat allows different heights without leaving the seat
• Precision bearings for smooth operation
• Foot rests and adjustable chest pad secure torso for max performance
• 200 lb steel weight stack with magnetic selector pin
• 64”L x 33”W x 74”H, 474 lb
• 163 cm x 84 cm x 188 cm, 215 kg

LAT PULLDOWN
MDC - 1013
• Wide or narrow grip handles for precise lat development
• Precision, Air-Lift seat allows different heights without leaving the seat
• Precision bearings for smooth operation
• Roller pads to secure torso and thighs for max performance
• 200 lb steel weight stack with magnetic selector pin
• 43”L x 63”W x 63”H, 474 lb
• 109 cm x 114 cm x 160 cm, 215 kg
ISO-LATERAL CHEST PRESS  
MDC - 1001

- Angled handgrips isolate chest & tricep muscles
- Convergent pressing motion for effective development
- Precision, Air-Lift seat allows different heights without leaving the seat
- Precision bearings for smooth operation
- Independent arms pressing action for several chest presses
- 200 lb steel weight stack with magnetic selector pin
- 48”L x 51”W x 55”H, 427 lb
- 122 cm x 130 cm x 140 cm, 194 kg

SHOULDER PRESS  
MDC - 1007

- 2 position handgrips isolate different shoulder muscles
- Convergent pressing motion for effective development
- Heavy-duty pillow block bearings for smooth operation
- 150 lb steel weight stack with magnetic selector pin
- Precision, Air-Lift seat allows different heights without leaving the seat
- 56”L x 60”W x 55”H, 427 lb
- 142 cm x 152 cm x 140 cm, 194 kg

SIDE LATERAL RAISE  
MDC - 1002

- Rotating handgrips adjust for different size users
- Comfortable elbow pads isolate the shoulder muscles
- Precision, Air-Lift seat allows different heights without leaving the seat
- Precision bearings for smooth operation
- Anatomically correct cams for proper muscle resistance
- 120 lbs steel weight stack with magnetic selector pin
- 42”L x 44”W x 55”H, 384 lb
- 107 cm x 112 cm x 150 cm, 174 kg
ABDOMINAL CRUNCH
MDC - 1008

- Anatomically correct cam for proper muscle resistance
- Precision bearings for smooth operation
- Arm and elbow pads promote great ab crunching action
- Foot rollers lock user in to maximize ab development
- 150 lb steel weight stack with magnetic selector pin
- 42”L x 48”W x 55”H, 510 lb
- 107 cm x 122 cm x 140 cm, 231 kg

BACK EXTENSION
MDC - 1016

- Anatomically correct cam for proper muscle resistance
- Lower back pad positions user correctly on the machine
- Precision bearings for smooth operation
- Comfortable back pad at just the right angle
- Foot restraints to maximize back extensions
- 150 lb steel weight stack with magnetic selector pin
- 40”L x 45”W x 55”H, 460 lb
- 102 cm x 114 cm x 140 cm, 209 kg

ROTARY TORSO
MDC - 1021

- Easy adjustment pull pin for side-to-side repositioning
- Thigh pads and foot rests position user securely
- Hand grips secure user’s upper torso for max concentration on oblique muscles
- Precision bearings for smooth operation
- Anatomically correct cams for proper muscle resistance
- 150 lb steel weight stack with magnetic selector pin
- 46”L x 28”W x 55”H, 384 lb
- 117 cm x 71 cm x 150 cm, 174 kg
CLASSIC LINE | ARMS

BICEP CURL
MDC - 1010

- Independent curling arms for max bicep isolation and development
- Rotating handles accommodate any size user
- Angled pads for just the correct upper arm stabilization
- One touch seat height adjustment while seated
- 150 lb (68 kg) steel weight stack with magnetic selector pin
- 46” L x 55” W x 60” H, 498 lb
- 115 x 139 x 151 cm, 226 kg

TRICEP DIP
MDC - 1011A

- Pressing handles flip for wide or narrow dips
- Adjustable, pneumatic height adjustment for more range of motion
- Angled back pad locks the user into place
- 180 lb solid steel, precision weight stack
- 64” L x 40” W x 60” H, 390 lb
- 163 cm x 102 cm x 152 cm, 177 kg

MULTI FUNCTIONAL TRAINER
MDM - MFT

- Dozens of exercises possible with multi-adjustable arms and swivel pulleys
- Arms rotate vertically and horizontally
- Exercises include Cable Crossovers, Chest Presses, Tricep Presses, Lat Pulldown, Squats, Rows, Inner/Outer thigh Kicks
- Single or Dual pulley exercises with independent weight stacks
- 2 x 200 lb (91 kg) steel weight stack with magnetic selector pin
- 97” x 141” x 98”, 871 lb
- 246 x 359 x 249 cm, 395 kg
LEG PRESS  |  MDP - 2001
• Pre-start lever allows user to start leg presses in the extended position
• Pivoting, large Leg Press platform keeps feet in comfortable position
• Extended travel for full leg and glute muscles development
• Pillow block bearings ensure smooth leg pressing motion
• 57” L x 62” W x 68” H, 363 lb
• 145 cm x 158 cm x 173 cm, 165 kg

V-SQUAT  |  MDP - 2007
• Large foot platform allows multiple foot positions for different squats
• Extended travel for full leg and glute muscle development
• Safety stop at the bottom of the exercise
• Contoured, angled shoulder pads comfortable for max weights use
• 91” L x 60” W x 70” H, 377 lb
• 231 cm x 152 cm x 173 cm, 178 kg

FRONT SQUAT  |  MDP - 1035
• Angled pads allow great front squat thrusts
• Multiple hand grip positions to hold during use
• Large footplate for isolating different leg and glute muscles
• Deep range of motion for max leg and glute development
• 77” x 61” x 63”, 355 lb
• 195 x 155 x 160 cm, 161 kg

BOOTY SHAPER  |  MDP - 2002
• Multiple handles for better upper torso stability with forearm pads
• Pivoting foot plate allows better isolation of the glute muscles
• Extended range of motion targets all areas of the glutes
• 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

45 DEGREE LINEAR CALF HACK MACHINE  
MDP - 2003
• Shoulder pad has eight adjustments for different size users
• Double bar linkage keeps body in alignment with calf raises
• Easy locking handle at the top of the exercise
• 66” L x 50” W x 50” H, 396 lb
• 168 cm x 127 cm x 127 cm, 180 kg
STANDING CALF RAISE  |  MDP - 2010
- Pre-start lever allows user to start calf raises in the standing position
- Excellent isolation for calf raises a full support backrest and seat
- Pillow block bearings ensure smooth exercise motion
- 58” L x 45” W x 74” H, 313 lb
- 147 cm x 114 cm x 188 cm, 142 kg

SEATED CALF  |  MDP - 2017
- Solid wrap around base for maximum stability of the machine.
- Locking lever for knee pads drops out automatically to start calf raises.
- Isolates the calf Soleus muscles like no other machine
- Pillow block bearings ensure smooth calf raises
- Compact design saves valuable floor space
- Olympic plate holders are standard
- 56” L x 32” W x 36” H, 235 lb
- 142 cm x 81 cm x 92 cm, 107 kg

ISO LATERAL LEG EXTENSION  |  MDP - 2009
- Natural cam action matches quad & thigh muscles’ strength curve
- Independent leg extension arms great for knee rehab
- Pillow block bearings ensure smooth leg extensions
- 46” L x 70” W x 48” H, 300 lb
- 117 cm x 178 cm x 122 cm, 136 kg

ISO LATERAL KNEELING LEG CURL  |  MDP - 2008
- Natural cam action matches hamstring muscles’ strength curve
- Independent leg curl arms great for hamstring development
- Unique knee pads flip back and forth for single leg isolation
- Comfortable forearm pads and handles secure user in place
- Pillow block bearings ensure smooth calf raises
- 43” L x 64” W x 54” H, 286 lb
- 109 cm x 163 cm x 137 cm, 130 kg
ISO LATERAL CHEST PRESS | MDP - 1001
- Excellent isolation of the chest muscles with natural convergent motion
- Precision, EZ Glide seat with Pneumatic lift assist adjusts height while seated
- Pillow block bearings ensure smooth exercise motion
- 46” L x 72” W x 69” H, 440 lb
- 117 cm x 183 cm x 175 cm, 200 kg

ISO LATERAL INCLINE CHEST PRESS | MDP - 1002
- Excellent isolation of the chest muscles with natural incline convergent motion
- Precision, EZ Glide seat with Pneumatic lift assist adjusts height while seated
- Pillow block bearings ensure smooth exercise motion
- 48” L x 78” W x 68” H, 425 lb
- 122 cm x 198 cm x 173 cm, 193 kg

ISO LATERAL WIDE CHEST PRESS | MDP - 1003
- Wide grips and natural convergent motion develops great Pec muscles
- Precision, EZ Glide seat with Pneumatic lift assist adjusts height while seated
- Pillow block bearings ensure smooth exercise motion
- 46” L x 72” W x 69” H, 453 lb
- 117 cm x 183 cm x 175 cm, 206 kg

ISO LATERAL SHOULDER PRESS | MDP - 1007
- Perfectly angled handles allows natural convergent motion
- Compact design isolates shoulder muscle for maximum results
- Precision, EZ Glide seat with Pneumatic lift assist...adjusts height while seated
- Pillow block bearings ensure smooth exercise motion
- 62” L x 53” W x 58” H, 396 lb
- 158 cm x 135 cm x 147 cm, 180 kg
ISO LATERAL LAT PULLDOWN | MDP - 1006
- Excellent isolation of the lat muscles with natural divergent motion
- Extra handle middle frame allows single arm isolation while gripping handle
- Precision, EZ Glide seat with Pneumatic lift assist adjusts height while seated
- 50” L x 76” W x 76” H, 419 lb
- 127 cm x 193 cm x 193 cm, 190 kg

ISO LATERAL LOW ROW | MDP - 1005
- Excellent isolation of the lat muscles with natural divergent motion
- Extra middle frame handle allows single arm isolation while gripping handle
- Angled chest pad secures torso while concentrating on lat rows
- Precision, EZ Glide seat with Pneumatic lift assist adjusts height while seated
- 57” L x 62” W x 68” H, 363 lb
- 145 cm x 158 cm x 173 cm, 165 kg

ISO LATERAL ROW | MDP - 1004
- Excellent isolation of the lat muscles with natural divergent motion
- Extra middle frame handle allows single arm isolation while gripping handle
- Precision, EZ Glide seat with Pneumatic lift assist adjusts height while seated
- Wide or narrow hand grips for a variety of lat rows
- 60” L x 53” W x 53” H, 363 lb
- 152 cm x 135 cm x 135 cm, 165 kg

T-BAR ROW | MDP - 2012
- Two handle grip choices with an adjustable carriage for different height users
- Easy lift off from resting saddle
- Chest pad and foot plates secure upper torso to isolate lats and rear deltoids
- Universal joint on long rowing arm gives a free flowing motion like free weights
- 75” L x 41” W x 48” H, 188 lb
- 191 cm x 104 cm x 122 cm, 86 kg

SEATED ARM CURL | MDP - 1018
- Natural cam action matches bicep muscles’ strength curve
- Excellent isolation of the bicep muscles with angled chest pad
- Precision, EZ Glide seat with Pneumatic lift assist adjusts height while seated
- 48” L x 54” W x 50” H, 209 lb
- 122 cm x 71 cm x 221 cm, 95 kg
SEATED STANDING SHRUG  |  MDP - 1032
- Seated or Standing shrugs for isolating Deltoid and Trap muscles
- 2 choices of handles for correct and full pre-stretch
- Pneumatic lift seat adjusts to proper pre-stretch while seated in position
- Pillow block bearings ensure smooth exercise motion
- 60” L x 60” W x 43” H, 276 lb
- 152 cm x 152 cm x 110 cm, 125 kg

DIP/TRICEP  |  MDP - 1031
- Develops powerful Triceps and Chest muscles
- Pneumatic lift seat adjusts to proper pre-stretch while seated in position
- Pillow block bearings ensure smooth exercise motion
- Storage bars for holding Olympic plates
- Thigh restraints allows the user to maximize weight resistance
- 60” L x 60” W x 39” H, 265 lb
- 152 cm x 152 cm x 99 cm, 120 kg

JAMMER  |  MDP - 1027
- Perfect machine for developing powerful thrusts for sports like football, hockey, wrestling, and more
- Total body exercise machine - Legs, Chest, Triceps, Shoulders
- Pillow block bearings ensure smooth exercise motion
- 75” L x 71” W x 80” H, 344 lb
- 191 cm x 180 cm x 203 cm, 156 kg

HORIZONTAL BENCH PRESS  |  MDP - 1038
- Traditional horizontal Bench Press made safer
- Convergent handles exercise motion is more effective than regular bench presses
- Pillow block bearings ensure smooth exercise motion
- Extra long bench accommodates tall users
- 72” L x 68” W x 47” H, 342 lb
- 183 cm x 173 cm x 120 cm, 155 kg
30 DEGREE LINEAR HACK SQUAT MACHINE
MD - HSM
- Adjustable angle on Foot Plate for angle to suit every user
- Revolutionary 30 degree angle relieves stress on spinal column
- Extra wide weight plate holders on carriage
- Wide rubber coated foot plate for multiple muscle groups isolation
- 64” L x 28” W x 87” H, 500 lb
- 63 cm x 71 cm x 221 cm, 227 kg

45 DEGREE LINEAR LEG PRESS MACHINE
MD - LPM
- Builds and strengthens thighs, hips, and glutes
- Back support adjustable in height for correct pressing angles
- EZ adjustable safety stop
- Wide Rubber coated foot plate for multiple muscle groups isolation
- 64” L x 28” W x 87” H, 500 lb
- 163 cm x 71 cm x 221 cm, 227 kg

45 DEGREE ROLLER BEARING LEG PRESS
RL - LPM
- Builds and strengthens thighs, hips, and glutes
- Back support adjustable in height for correct pressing angles
- Wide rubber coated foot plate for multiple muscle groups isolation
- 94” L x 68” W x 58” H, 540 lb
- 239 cm x 172 cm x 147 cm, 245 kg

CALF HACK
MD - CH
- 45 degree angle takes all stress on spinal column and lower back
- Extra wide weight plate holders on carriage
- Wide rubber coated foot plate for multiple muscle groups isolation
- 72” L x 70” W x 58” H, 500 lb
- 183 cm x 178 cm x 147 cm, 227 kg
85” SMITH MACHINE
MD - SM85
- Perfect fit for lower ceiling rooms
- Laser cut bar holder position rack
- Nearly weightless olympic bar with counterbalance
- 86” l x 52” w x 85” h, 485 lb
- 173 cm x 102 cm x 173 cm, 220 kg

95” SMITH MACHINE
MD - SM95
- Perfect fit for lower ceiling rooms
- Laser cut bar holder position rack
- Nearly weightless olympic bar with counterbalance
- 86” l x 52” w x 95” h, 585 lb
- 173 cm x 102 cm x 237 cm, 265 kg

45 DEGREE COMPACT LEG PRESS
MD - CLP
- 45 Degree angle with adjustable back rest
- Perfect for calf raises as well
- Handle on foot plate aids users getting in and out of the seat
- Extra large diamond plate for multi-foot position to hit different leg muscles
- 85” l x 65” w x 49” h, 650 lb
- 173 cm x 102 cm x 173 cm, 295 kg

40 DEGREE COMPACT HACK SQUAT
MD - CHS
- 40 Degree Angle with Adjustable back rest
- Perfect for calf raises as well
- Extra large diamond plate for multi-foot position to hit different leg muscles
- 89” l x 65” w x 47” h, 600 lb
- 173 cm x 102 cm x 173 cm, 272 kg
OLYMPIC FLAT BENCH (RL-OFB)
- 71” l x 51” w x 51” h, 220 lb

OLYMPIC INCLINE BENCH (RL-OIB)
- 73” l x 50” w x 60” h, 240 lb

OLYMPIC DECLINE BENCH (RL-ODB)
- 65” l x 50” w x 51” h, 230 lb

OLYMPIC MILITARY BENCH (RL-OMB)
- 65” l x 50” w x 51” h, 230 lb

OLYMPIC FLAT BENCH - ELITE SERIES (BM-OFB)
- 71” l x 63” w x 51” h, 220 lb

OLYMPIC DECLINE BENCH - ELITE SERIES (BM-ODB)
- 90” l x 52” w x 51” h, 220lb

OLYMPIC INCLINE BENCH - ELITE SERIES (BM-OIB)
- 77” l x 64” w x 64” h, 264 lb

OLYMPIC MILITARY BENCH - ELITE SERIES (BM-OMB)
- 48” l x 60” w x 68” h, 270 lb
COMPACT HALF RACK (MD-CHR)
- 59” l x 49” w x 92” h, 480 lb
- 150 cm x 124 cm x 234 cm, 218kg

DELUXE HALF RACK (MD-DHR)
- 67” l x 62” w x 90” h, 600 lb
- 170 cm x 157 cm x 229 cm, 272 kg

POWER CAGE (MD-PC)
- 77” l x 65” w x 97” h, 520 lb
- 196 cm x 165 cm x 246 cm, 234 kg
- Bench not included

SQUAT RACK (MD-SR)
- 64” l x 28” w x 87” h, 500 lb
- 163 cm x 71 cm x 221 cm, 227 kg

VERTICAL KNEE RAISE ELITE SERIES (BM-VKR)
- 39” l x 45” w x 70” h, 200 lb
- 99 cm x 114 cm x 178 cm, 91 kg

VERTICAL KNEE RAISE WITH PULL UP STATION (BM-VKRC)
- 39” l x 45” w x 98” h, 245 lb
- 99 cm x 114 cm x 249 cm, 111 kg
FREE WEIGHT LINE | BENCHES

**FLAT BENCH**
(BM-FB)
- 53” l x 30” w x 17” h, 80 lb
- 135 cm x 76 cm x 43 cm, 36 kg

**DELUXE ADJUSTABLE BENCH**
(RL-DAB)
- 50” l x 24” w x 18” h, 120 lb
- 127 cm x 61 cm x 46 cm, 54 kg

**FLAT TO INCLINE BENCH**
(RL-FTIB)
- 52” l x 30” w x 19” h, 125 lb
- 132 cm x 76 cm x 48 cm, 57 kg

**FLAT TO INCLINE BENCH - VERTICAL STYLE**
(RL-FTIV)
- 55” l x 30” w x 19” h, 70 lb
- 140 cm x 76 cm x 48 cm, 32 kg

**FLAT TO INCLINE BENCH – ELITE SERIES**
(BM-FTIB)
- 56” l x 27” w x 18” h, 125 lb
- 142 cm x 69 cm x 46 cm, 57 kg

**ADJUSTABLE DECLINE BENCH**
(BM-ADB)
- 68” l x 29” w x 34” h, 135 lb
- 172 cm x 74 cm x 86 cm, 61 kg

**UTILITY BENCH**
(BM-UB)
- 51” l x 31” w x 45” h, 75 lbs
- 130 cm x 79 cm x 114 cm, 34 kg
SISSY SQUAT (MD-SS)
- 39” l x 31” w x 19” h, 56 lb
- 99 cm x 79 cm x 48 cm, 25 kg

OLYMPIC PLATE TREE (RL-OPT)
- 52” l x 23” w x 51” h, 78 lb
- 132 cm x 58 cm x 130 cm, 35 kg

HYPER EXTENSION BENCH (RL-HEB)
- 58” l x 30” w x 43” h, 130 lb
- 147 cm x 76 cm x 109 cm, 59 kg

PREACHER CURL BENCH (BM-PCB)
- 43” l x 33” w x 39” h, 110 lb
- 109 cm x 84 cm x 99 cm, 50 kg

GLUTE HAM – ELITE SERIES (MD-GH)
- 60” l x 30” w x 44” h, 200 lb
- 152 cm x 76 cm x 112 cm, 91 kg
FREE WEIGHT LINE | RACKS

ACCESSORY RACK (MD-AR)
- 27” l x 26” w x 51” h, 200 lb
- 69 cm x 66 cm x 130 cm, 91 kg

BARBELL RACK (MD-BR)
- 36” l x 30” w x 62” h, 190 lb
- 91 cm x 76 cm x 157 cm, 86 kg

BARBELL RACK – ELITE SERIES (BM-BR)
- 39” l x 31” w x 56” h, 130 lb
- 99 cm x 79 cm x 142 cm, 59 kg

OLYMPIC BAR RACK (MD-OBR)
- 32” l x 27” w x 12” h, 100 lb
- 81 cm x 69 cm x 31 cm, 45 kg

KETTLEBELL RACK (MD-KR)
- 65” l x 30” w x 40” h, 120 lb
- 165 cm x 76 cm x 102 cm, 54 kg

HEX DUMBBELL RACK (MD-HDR)
- 65” l x 30” w x 44” h
- 165 cm x 76 cm x 112 cm

TRIPLE DUMBBELL RACK (MD-TDR)
- 93” l x 32” w x 37” h, 275 lb
- 236 cm x 81 cm x 94 cm, 125 kg

DOUBLE DUMBBELL RACK (MD-DDR)
- 91” l x 21” w x 32” h, 110 lb
- 231 cm x 53 cm x 81 cm, 50 kg

DOUBLE DUMBBELL RACK ELITE SERIES (BM-DDR)
- 98” l x 28” w x 35” h, 210 lb
- 249 cm x 71 cm x 89 cm, 95 kg
MODULAR TWO TIER 6 PAIRS DUMBBELL RACK (MDR-2T6)
• Holds 6 Pairs, 5 - 30 lb Dumbbells
  • 59” l x 32” w x 25” h

MODULAR TWO TIER 8 PAIRS DUMBBELL RACK (MDR-2T8)
• Holds 8 Pairs, 5 - 40 lb Dumbbells
  • 76” l x 32” w x 25” h

MODULAR TWO TIER 10 PAIRS DUMBBELL RACK (MDR-2T10)
• Holds 10 Pairs, 5 - 50 lb Dumbbells
  • 94” l x 32” w x 25” h

MODULAR THREE TIER 9 PAIRS DUMBBELL RACK (MDR-3T9)
• Holds 9 Pairs, 5 - 45 lb Dumbbells
  • 59” l x 44” w x 29” h

MODULAR THREE TIER 12 PAIRS DUMBBELL RACK (MDR-3T12)
• Holds 12 Pairs, 5 - 60 lb Dumbbells
  • 76” l x 44” w x 29” h

MODULAR THREE TIER 15 PAIRS DUMBBELL RACK (MDR-3T15)
• Holds 15 Pairs, 5 - 75 lb Dumbbells
  • 94” l x 44” w x 29” h

MODULAR DUMBBELL RACK COMBINATIONS

TWO TIER 10 PAIR RACK + TWO TIER HEX RACK (SHORT)
Holds 10 Pairs, 5 - 50 lb Dumbbells + Holds 9 Pairs, 5 - 45 lb Hex Dumbbells
151” l x 32” w x 25” h

TWO TIER 10 PAIR RACK + TWO TIER 10 PAIR RACK
Holds 20 Pairs, 5 - 100 lb Dumbbells
184” l x 32” w x 25” h
**Modular Two Tier Hex Dumbbell Rack (Long) (MDR-2THL)**
- Holds 10 Pairs, 5 - 50 lb Hex Dumbbells
  - 73” l x 32” w x 25” h

**Modular Three Tier Hex Dumbbell Rack (Short) (MDR-3THS)**
- Holds 12 Pairs, 5 - 60 lb Hex Dumbbells
  - 61” l x 44” w x 29” h

**Modular Three Tier Hex Dumbbell Rack (Long) (MDR-3THL)**
- Holds 15 Pairs, 5 - 75 lb Hex Dumbbells
  - 73” l x 44” w x 29” h

**SAVE SPACE AND MONEY!**

**Why Use Modular Dumbbell Racks**
- Affordable, Space Efficient, and Customizable Footprint
- Over 30 Variations
- Hex and Regular Dumbbell Racks can be Connected
- Two Tier and Three Tier Racks Available

**Size Variations**
- Two Tier Sizes: 6 Pairs, 8 Pairs, 10 Pairs
- Three Tier Sizes: 9 Pairs, 12 Pairs, 15 Pairs
- Hex Sizes: Two Tier Short, Two Tier Long, Three Tier Short, Three Tier Long

**How It Works**
- Choose your dumbbells: Round Head Dumbbells, Hex Head Dumbbells, Cast Iron Plate Dumbbells, etc.
- Choose the sizes and the number of pairs: 5 - 100 lb = 20 Pairs | 5 - 50 lb = 10 Pairs | 75 - 100 lb = 6 Pairs
- Measure the amount of space you have for your dumbbells
- Choose the type of Dumbbell Rails that will fit the dumbbells into your available space
- (Rail Options Include: Two Tier Saddle, Three Tier Saddle, Two Tier Hex Short or Long, Three Tier Hex Short or Long
- You’ve Built Your Own Custom Dumbbell Rack!
**DELUXE 8 STACK JUNGLE GYM VERSION A**  
**MDM - 8SA**

- Stations interchange around central hub for a possible 12 stack L-Shape Jungle Gym
- Options allow substitution of 2 Hi/Low Adjustable Pulley columns replacing the Tricep Pressdown Stations found on the Deluxe 8 Stack Version B (MDM-8SB)
- 221” L x 144” W x 94” H, 3600 lb
- 561 cm x 366 cm x 239 cm, 1633 kg

**STATIONS INCLUDE**
- 2 Lat Pulldowns - 260 lb Each
- 2 Low Rows - 260 lb Each
- 2 Tricep Pressdowns - 190 lb Each
- 2 Adjustable Hi/Low Pulleys - 190 lb Each

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**DELUXE 12 STACK JUNGLE GYM VERSION A**  
**MDM - 12SA**

- Interchange stations around central hub to configure a 12 stack L-Shape Jungle Gym or a straight line Jungle Gym where space permits
- Options allow substitution of 2 Hi/Low Adjustable Pulley columns replacing the Tricep Pressdown Stations found on the Deluxe 12 Stack Version B (MDM-12SB)
- 314” L x 134” W x 94” H, 4900 lb
- 798 cm x 340 cm x 239 cm, 2223 kg

**STATIONS INCLUDE**
- 3 Lat Pulldowns - 260 lb Each
- 3 Low Rows - 260 lb Each
- 2 Tricep Pressdowns - 190 lb Each
- 4 Adjustable Hi/Low Pulleys - 190 lb Each
DELINE UNIVERSITY & JUNGLE GYMS

DELINE 5 STACK JUNGLE GYM VERSION A
MDM - 5SA

STATIONS INCLUDE
1 Lat Pulldown - 260 lb
1 Low Row - 260 lb
1 Tricep Pressdown - 190 lb
2 Adjustable Hi/Low Pulleys - 190 lb Each

• Option allows substitution of 1 Hi/Low Adjustable Pulley column to replace the Tricep Pressdown Station found on the Deluxe 5 Stack Version B (MDM-5SB)
• 176” L x 134” W x 94” H, 2090 lb
• 447 cm x 340 cm x 239 cm, 948 kg

DELINE 4 STACK JUNGLE GYM VERSION A
MDM - 4SA

STATIONS INCLUDE
1 Lat Pulldown - 260 lb
1 Low Row - 260 lb
1 Tricep Pressdown - 190 lb
1 Adjustable Hi/Low Pulley - 190 lb
• 140” L x 70” W x 94” H, 2090 lb
• 356 cm x 178 cm x 239 cm, 948 kg

DELINE 4 STACK JUNGLE GYM VERSION B
MDM - 4SB

STATIONS INCLUDE
1 Lat Pulldown – 260 lb
1 Low Row - 260 lb
2 Adjustable Hi/Low Pulleys – 190 lb Each
• 140” L x 70” W x 94” H, 2090 lb
• 356 cm x 178 cm x 239 cm, 948 kg
STANDARD 8 STACK JUNGLE GYM
MDM - 8R

STATIONS INCLUDE
2 Lat Pulldowns – 180 lb Each
2 Low Rows - 180 lb Each
2 Tricep Pressdowns – 120 lb Each
2 Adjustable Hi/Low Pulleys – 120 lb Each

- Perfect for the budget conscious customers who need jungle gyms
- 192” L x 134” W x 88” H, 2100 lb
- 488 cm x 340 cm x 224 cm, 953 kg

STANDARD 5 STACK JUNGLE GYM
MDM - 5R

STATIONS INCLUDE
1 Lat Pulldown – 180 lb
1 Low Row - 180 lb
1 Tricep Pressdown – 120 lb
2 Adjustable Hi/Low Pulleys – 120 lb Each

- Perfect for the budget conscious customers who need multi-stations
- 176” L x 134” W x 88” H, 1600 lb
- 447 cm x 340 cm x 224 cm, 726 kg
95” DUAL ADJUSTABLE PULLEY  |  MDM - D95

- Adjustable Hi/Low pulley columns on each side for a variety of exercises
- Rack to hold accessories
- Easy adjustment on each sliding pulley housing
- 2 - 400 lb weight stacks
- 400 lb steel weight stack delivers 100 lbs of effective resistance
- 62” L x 38” W x 95” H, 1375 lb
- 158 cm x 97 cm x 236 cm, 624 kg

88” DUAL ADJUSTABLE PULLEY  |  MDM - D88

- Adjustable Hi/Low pulley columns on each side for a variety of exercises
- Rack to hold accessories
- Easy adjustment on each sliding pulley housing
- Great for lower ceilings
- 2 - 200 lb weight stacks
- 200 lb steel weight stack delivers 100 lbs of effective resistance
- 60” L x 40” W x 88” H, 850 lb
- 152 cm x 102 cm x 222 cm, 386 kg

COMPACT 4 STACK MULTI GYM  |  MDM - 4SC

- The Compact utilizes a biomechanically precise, variable resistance cam on the Adjustable Leg Extension/Seated Leg Curl combo
- User friendly “NO Cable Change System” with simple adjustments to fit the users’ sizes
- Anatomical correctness of the exercises is outstanding giving maximum muscular results
- COMPACT DESIGN: Made to fit under low 7 ft ceilings with a space saving 9 ft x 10 ft footprint
- A unique 3-in-1 Multi Press Station for Flat, Incline, and Shoulder presses
- 4 Weight stacks: 3 - 180 lb, 1 - 150 lb
- Optional 15 lb selectorized plates available instead of 10 lb plates
- 4 people can train at the same time
- 119” L x 106” W x 83” H, 2100 lb
- 302 cm x 269 cm x 211 cm, 953 kg
QUAD FUNCTIONAL TRAINER
MDM - QFT

- Rugged 2” x 4”, 11 gauge rectangular tubing for heavy-duty use
- Adjustable Hi/Low pulley columns on each side for a variety of exercises
- 120 lb on each weight stack
- Wide and narrow grips on connecting overhead tubing
- Easy adjustment on each sliding pulley housing
- Great space saver for those who don’t have room for a Cable Crossover
- 85” l x 99” w x 87” h, 750 lbs
- 216 cm x 252 cm x 221 cm, 340 kg

DELUXE CABLE CROSSOVER  |  MDM - CCS

- 120 lb on each weight stack
- Easy trigger adjustment on each sliding pulley housing
- Adjustable Hi/Lo pulley columns on each side for a variety of exercises
- 148” L x 25” W x 94” H, 680 lb
- 376 cm x 64 cm x 239 cm, 308 kg

COMPACT CABLE CROSSOVER  |  MDM - CCC

- COMPACT DESIGN with Space saving footprint for tight spaces and low ceilings
- User friendly “NO Cable Change System” with simple adjustments
- Multiple grip chin bars. Perfect for TRX straps connection as well
- 2 – 150 lb Weight stacks for Adjustable Hi/Lo Pulley
- Optional 15 lb plates available instead of 10 lb plates
- 180’’ L x 36” W x 95” H, 600 lb
- 457cm x 92cm x 241cm, 272 kgs

CABLE ATTACHMENT HANDLES

- DAP Squat Bar: BR-DAPS
- DAP Wood Chop Bar: BR-DAPW
- 48” Revolving Lat Bar: BR-RL48
- 36” Revolving Lat Bar: BR-RL36
- 30” Revolving Lat Bar: BR-RL30
- 24” Revolving Lat Bar w/ D Handles: BR-RL24
- 20” Revolving Straight Bar: BR-RL20
- 28” Revolving Curl Bar: BR-RC28
- Single Grip w/ Rotating Handle: BR-SGRH
- Tricep Pressdown Bar: BR-TPD
- Revolving Low Pulley Bar w/Double Handles: BR-RLP
- Revolving Tricep Pressdown Bar: BR-RTPD
- Tricep Rope (Not Pictured): BR-TR
Muscle D Fitness built THE COMPACT Multi Gym as an affordable, versatile, thirteen station machine specifically designed for Personal Training Studios, Hotels, Resorts, Condominiums, Schools, Corporate Fitness Centers, Police or Fire Department Facilities, and other applications where space is an important consideration. THE COMPACT is also an excellent choice for the home.

- The Compact utilizes a biomechanically precise, variable resistance cam on the adjustable Leg Extension/Seated Leg Curl combo
- A unique 3-in-1 Multi Press Station for Flat, Incline, and Shoulder presses
- Rugged 2” x 4” rectangular tubing, 11 gauge steel frame: Finished with electrostatic powder coating.
- Steel weight stacks with magnetic selector pins
- User friendly “NO Cable Change System” with simple adjustments to fit the users’ sizes
- Commercial Quality: Engineered for years of durable, low maintenance service
- Anatomical correctness of the exercises is outstanding giving maximum muscular results

Weight Stacks Sizes
1 - 150 lb, 3 - 180 lb
* Optional 15 lb Selectorized Plates Available Instead of 10 lb Plates

4 Stack (MDM-4SC)
5 Stack (MDM-5SC)
8 Stack (MDM-8SC)

- Quick Pre-Stretch adjustment for Leg Extensions/Seated Leg Curls.
- Easy roller pad adjustment for different height users.
**CHEST**

**BENCH PRESS**
180 lb weight stack. Pressing arm with comfortable grips and direct cable pull produce amazingly smooth pressing movement.

**INCLINE PRESS**
180 lb weight stack. Adjustable press arm and bench provide multiple incline angles to build different areas of the chest muscles.

**CABLE CROSSOVER PULLEY**
150 lb weight stack. Chest muscles that can be engaged from multiple angles with pulley height adjustment and dumbbell handle.

**BACK**

**LAT PULLDOWN**
180 lb weight stack. Adjustable padded seat and thigh pads ensure correct positioning for pulling maximum weights.

**LEGS**

**LEG EXTENSION**
180 lb weight stack. Pre-stretch settings and correct variable resistance cam develop powerful thigh muscles.

**SEATED LEG CURL**
180 lb weight stack. Adjustable seat back and pre-stretch provide great hamstring muscle development.

**LOW ROW**
180 lb weight stack. Rubber footplate and long bench provide plenty of room for long pulls to sculpt the Lat muscles.
COMPACT MULTI GYMS

ARMS

TRICEP PRESSDOWN
150 lb weight stack. Straight bar provides total tricep isolation for building and sculpting arms.

BICEP CURLS
150 lb weight stack. Isolates and targets bicep muscles for that powerful and lean look.

SHOULDERS

SHOULDER PRESS
180 lb weight stack. Adjustable back pad provides comfortable back support and variable angles.

LEGS

INNER/OUTER THIGH KICKS
150 lb weight stack. Ankle bands and the swivel pulley result in shapely thighs.

GLUTE KICKS
150 lb weight stack. High and tight glutes are the product of this leg kick back exercise.

SHOULDERS

UPRIGHT ROWS
150 lb weight stack. This popular exercise develops round, shapely shoulders and solid trapezius muscle.
Easy entry into all the 4, 5, or 8 stations.

MultiPress (3 exercises)
Adjustable Hi/Low Pulley (6+ exercises)
Lat Pulldown/Low Row (2 exercises)
Leg Extension/Seated Leg Curl (2 exercises)

Secure thigh hold down for Seated Leg Curl.

Simple Pressing Bar height adjustment for more or less prestretch.

Precision guide rods under MultiPress bench for quick adjustments.

Natural, trigger-type height adjuster on the Hi/Lo Pulley station.
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 hamstrings 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

- Self-adjusting ankle roller pad accommodates all leg lengths
- Press stretch adjustment on leg arm allows different pre-stretch
- Quick adjusting back rest 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 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

- Self-adjusting ankle roller pad accommodates all leg lengths
- Press stretch adjustment on leg arm allows different pre-stretch
- Quick adjusting back rest 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

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 handle bars 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
ROTOR TORSO
MDE - 18

- Thigh pads and foot plates lock user into position so that complete torso rotation is possible
- Multiple hand grip positions give variations 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 x 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
- 160 lb steel weight stack with magnetic selector pin
- 62" L x 63" W x 64" H, 480 lb
- 133 cm 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
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 max chest and rear delt development
- Contoured seat 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 210 cm, 236 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
**SEATED ROW**
**MDE - 05**
- 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
- 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, 238 kg

**ASSISTED CHIN DIP**
**MDE - 16**
- Wide or narrow chin grip handles for sculpting the lat back muscles
- Dip handles rotate in and out 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, 261 kg
REPS N SETS, MISSISSIPPI

THE GRIND, PHOENIX, AZ

FIT FACTORY, PRESTON, ID

TOSHIBA CORPORATION, SAN JOSE, CA

FUZHOU HEALTHY CLUB, FIJIAN, CHINA

ATHLETIC GAMES, CHICAGO, IL

AMHERST APARTMENTS, BEDFORD, TX

HOME FITNESS ROOM, SAN PEDRO, CA

PARK WEST APARTMENTS, DALLAS, TX
MUSCLE D FITNESS’S RICH HISTORY

The forerunner company to Muscle D Fitness, Muscle Dynamics/Maxicam, grew to many millions of dollars with a network of dealers throughout the USA and internationally. Muscle D Fitness blends outstanding product quality with great prices and fast delivery.

Muscle D Fitness has the longest running heritage and history of any company in the fitness business. Muscle D is an outgrowth of Muscle Dynamics which had its start on the shores of Muscle Beach in Santa Monica and the original Gold’s Gym on Main Street. Some of the all time body builder greats like Arnold Schwarzenegger, Franco Columbu, and many other legends trained regularly on the MD strength equipment.

Muscle Dynamics is credited with some features that are still widely used today:
- First company to use 2” tubing instead of the pricey and heavy chrome solid bar stock. 1974
- Inventor of the Seated Calf Machine...1975
- Inventor of the Bench Press/Squat Rack combo 1977
- Inventor of the Sissy squat. 1978
- One of the first companies to offer designer colors on the tubing and upholstery. Early 1980’s
- First fitness company to use a plethora of fit and beautiful models...male and female! Early 1980’s
- Inventor of dual function Modular Machines that could be hooked together to fit any floor space-1986

Brian Lewallen, the president of Muscle Dynamics, teamed up with Roger Helgesen and made some of the earliest cam selectorized machines that competed heads up with Nautilus who was the dominant strength company in the 70’s and 80’s. The new gym machines were called Maxicam. Over the next 40 years, Brian and his partner, Tom Csenar, went on to develop nearly 150 machines, benches, and racks. They even established a health club in Manhattan, New York to make sure that all the commercial strength equipment would hold up even under the abuse of 15,000 members. Muscle Dynamics was also private labeling Weider Muscle & Fitness machines for a worldwide market including a multi-station for the Prince of Monaco.

Brian and Tom sold their interests in 2007. The company didn’t survive the effects of the economic downturn of 2008. From the ruins of MD, the idea for the new Muscle D Fitness division of Excel Weight Products was born in 2013. One of hallmarks of Muscle D is anatomical correctness for the user. Muscle groups vary in their strength curve therefore strength machines and benches must be designed with these factors in mind. Indeed, this is the signature of Muscle D’s line of equipment...outstanding performance at very reasonable prices. Muscle D has millions of dollars of inventory for timely shipping.

There are lines of gym equipment for every market...health clubs, apartment complexes, executive headquarters, hotels, colleges and high schools, rehab centers, and even upscale homes. With nearly 200 pieces of equipment in production there are endless combinations of equipment to mold to any training facility.

Muscle D Fitness sticks to the knitting...rugged commercially built equipment at competitive prices with fast availability...a unique combination in the world of fitness equipment. Next to conquer>>>the world of Cardio equipment...it will be great!
GENERAL EQUIPMENT SPECIFICATIONS

- Precision SOLID STEEL weight stacks.
- User-friendly weight stack position for quick resistance selection.
- Standard weight stack shrouds on all machines: NO EXTRA CHARGE.
- Finger-tip control, pre-stretch range adjusters.
- Machined STEEL cams.
- Anatomically correct cams for precise resistance.
- High density, foam padding for maximum comfort.
- Polished chrome guide rods.
- Polished chrome, EZ Glide seat posts.
- Polished chrome seat backs.
- Galvanized steel range adjuster strike plates on all cams.
- Precision bearings throughout for super smooth operation.
- Thick, heavy-duty steel construction.
- Complete, colorful exercise instructional placards.
- Colors: Platinum Silver Powder Coated Steel Frames, Black Upholstery.
- Double box stitched upholstery.

COMMERCIAL PRODUCT WARRANTY

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 materials and workmanship for a period of one year from date of purchase.

FRAMES & WELDS: 10 years from date of purchase

UPHOLSTERY: 90 DAYS from the date of purchase. Old part must be submitted back to Muscle D Fitness at buyer’s expense for freight. This warranty only covers failures due to defects in material or workmanship that occur during normal use. It does not cover damage that occurs in shipment or failures as a result of misuse, abuse, modification, or improper assembly of the product. All freight damage must be noted on delivery. It is the responsibility of the receiving part 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.

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 or 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 of limitation of incidental or consequential damages, or allow limitations of how long an implied warranty lasts, so the above limitations or exclusions may not apply to you. This warranty gives you specific legal rights and you may also have other rights which vary from state to state.

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