**CORNER MULTIGYM™**

**MDM-2CM**

- Commercial quality, compact multi-station gym saves space by tucking into a corner.
- Dual 200 lbs. weight stacks.
- Smooth, friction-free exercise isolating all the muscle groups.
- Pneumatic, adjustable seat height on Pressing station.
- Accessory handles included.
- Outstanding, complete exercise machine for homes, hotels, condos, & apartment complexes... very space efficient and great for the budget challenged facilities.

**Assembled Size:** 100”L x 86”W x 84”H   1125 lbs
**Carton Size:** (2 combined crates): 90” x 42” x 40”
**Net Weight:** 1125 lbs & Gross Shipping Weight: 1208 lbs

**THREE INDIVIDUAL STATIONS**

1. One station features Chest Press, Seated Row, Lat Pulldown, Crossover Pulley, Ab Crunches, and much more.
2. Hi/Low Pulley stations allows many exercises like Tricep Press, One Arm Shoulder Presses, Upright Rows, Inner/Outer Thigh and Glute Kicks, Single Arm Cable Cross Chest Pulls, and more.
3. Third station has an anatomically correct, cam driven Leg Extension/Seated Leg Curl combo with an adjustable length leg roller and pneumatic adjustable back pad.

**COMPACT SINGLE STACK GYM™**

**MDM-1CSSM**

- Leg Extension/Standing Leg Curl attachment for front thigh and hamstring development.
- Seated Chest Press with 2 position handle grips and pre-stretch adjustment.
- Seated Rows by facing into the machine and adjusting press/row arms.
- Lat Pulldown bar with adjustable length chain and thigh hold down roller pads.
- Adjustable height Crossover Chest Pulley arms and dumbbell handles as well as rear extensions, tricep extensions, bicep curls, upright rows, and more.
- Seated Ab Crunch with comfortable canvass shoulder harness with handles.
- EZ Adjustable seat height.
- No cable changes required!

**Assembled Size:** 65”L x 52”W x 82”H   550 lbs
**Carton Size:** (2 combined crates): 83” x 42” x 24”
**Net Weight:** 547 lbs & Gross Shipping Weight: 672 lbs
**FUNCTIONAL TRAINERS**

DAP/SMITH MACHINE COMBO™

MDM-DPSM

- Unique combination of 2 highly versatile machines is a huge space saver.
- Dual 180 lbs. weight stacks.
- Counterbalanced Olympic bar allows low starting weights on Smith machine.
- Lower safety stops for safe training on Smith machine.
- 4 Olympic chromed plate holders...2 on each side.
- Unique cable pattern on Dual Adjustable Pulley side allows true 1:1 weight resistance or
  1:2 weight resistance.
- 11 Adjustable height positions of Pulleys with easy trigger Pull pin for just the right angle.
- A variety of overhead chin handles and climbing wall grips.
- Instruction placard pictures 5 major exercises but there are many more.
- Perfect configuration for personal studios, apartment complexes, hotels, and even homes.

Assembled Size: 106"L x 63"W x 95"H
Carton Size: (2 combined crates) 96” x 37” x 36”
Net Weight: 1280 lbs & Gross Shipping Weight: 1400 lbs

88” DUAL ADJUSTABLE PULLEY

MDM-D88

- Adjustable Hi/Low pulley columns on each side for a variety of exercises.
- Easy trigger pull handle makes for adjustments on each sliding pulley housing.
- Great for low ceilings
- Multiple grip chin bars.
- 2 – 200 lb weight stacks (200 lb steel weight stack delivers 100 lbs of effective resistance)

Assembled Size: 60”L x 40”W x 88”H
Carton Size: 92” x 52” x 24”
Net Weight: 850 lbs & Gross Shipping Weight: 925 lbs

**SPIN BIKE**

- **RUGGED COMMERCIAL CONSTRUCTION:** Stylish oval tubing uses fitness club quality thickness ensuring years of trouble-free use. The thickness of the metal tubing is the same as spinning bikes found in health clubs that cost thousands of dollars.
- **ERGONOMIC SEATING:** The padded saddle sear offers optimal comfort. The seat adjusts up and down, forward and back, and can be tilted...designed to fit any height user.
- **ADJUSTABLE RESISTANCE:** Twisting the knob on the frame increases resistance to match real world hills and valleys. Push the knob to stop the flywheel immediately.
- **FLYWHEEL AND DRIVE:** Heavy duty 44 lb flywheel offers high inertia and resistance allowing you to have health club quality ride.
- **BELT DRIVE:** Durable belt translates into a smooth ride and quiet ride with ultimate control of the highly responsive flywheel
- **STABILITY:** Formed toe clip pedals with straps will prevent feet from slipping. Max user weight 300 lb
- **COMPACT DESIGN:** 42” x 22” x 48”, L x W x H
- **Shipping weight-** 139 lbs. Net weight of Bike -129 lbs
- **Heavy Duty Shipping carton:** 43” x 14” x 36”, L x W x H.
- **EASY TO MOVE AROUND:** Wheels on the front make it very easy to move within your room
- **STABLE DESIGN:** 4 adjustable foot pads makes leveling the bike easy for rock solid stability.
- **SAFETY:** All seats and handlebars are locked firmly into place with quick-lock handles.
- **CELL PHONE/TABLE HOLDER:** Just slip your device into the metal backing pad and watch 100’s of spin bike workouts online for free
- **MULTIPLE GRIPS:** Unique handlebar shape allows a variety of comfortable grips on highly durable, smooth plastisol PVC material.

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X6 LIGHT COMMERCIAL TREADMILL™

TM-X6

- Frame: Matte Black with Powder Coated Steel
- Rollers: 2.75” Crowned
- Step-On Height: 8”
- Speed Range: 0.5 to 12.5mph
- Incline Range: 0°to 15°
- 3.0hp Continuous, 5.0hp Peak AC Motor
- Running Belt: 57” x 20.5” Seigling
- Deck: 1” Reversible Phenolic Deck
- Net Weight: 311lbs
- Maximum User Weight: 400lbs
- LED display console (Glass Touchscreen)
- USB Charging Port
- Bluetooth Connection to Apple and Android Devices
- Contact and Wireless Heart Rate Monitoring
- Adjustable Tablet and Smart Phone Holder
- Reading Rack
- Water-proof /Sweat-Proof Console
- Built-In Hi-Fidelity Bluetooth Speakers
- 8 Built-In Programs plus 3 Custom
- 120v, 15amp Dedicated Circuit

Assembled Size: 80”L x 36”W x 60.25”H  550 lbs
Carton Size: 89” x 29” x 34”
Net Weight: 311 lbs & Gross Shipping Weight: 382 lbs

DELUXE HOME TREADMILL™
MD-170T

- 2.0hp Continuous, 4.0hp Peak DC Motor
- Console: 7” Blue Backlit LCD
- Speed: 0.5-12 mph/Incline: 0-15 degrees
- Displays: Time, Speed, Distance, Pulse, Calorie Burn and Programs.
- Programs: 1 Manual + 18 Preset + 3 User setting + Pulse Control.
- Tablet and Phone bracket holder and USB Charger built-in.
- Built-in speakers for wired connection to cell phone or tablet.
- Excellent FITSHOW app connects to smartphone or tablet to control the treadmill and see results OR use it outdoors for running, walking, biking, and climbing…with GPS tracking.
- Durable Aluminum Side Rails.

Assembled Size: 80”L x 36”W x 60.25”H
Carton Size: 81” x 31” x 19”
Net Weight: 188 lbs & Gross Shipping Weight: 214 lbs
SUPER CROSSTRAINER™
MD-SCT

- The ultimate GREEN machine...self generating powered elliptical with arms
- Elevation set at 17.5 degrees
- LED Display Functions show:
  - Distance, Time, Calories burned, Heart Rate, Intensity
- Goal Display:
  - Total Calories, Distance, or Time
- Programs Display:
  - Fat Burning, Climbing, Intervals, Strength
- Handle toggle lever adjust intensity easily while exercising...no buttons to depress while moving!
- 20 levels of Resistance Adjustment

Assembled Size: 79”L x 26”W x 69”H
Carton Size: 89” x 29” x 35”
Net Weight: 425 lbs & Gross Shipping Weight: 500 lbs

DELUXE HOME CROSSTRAINER™
MD-170EF

- Console displays Time, Speed, Distance, Calorie, Pulse, RPM’s, Watts.
- Use Manual, Quick Start Mode or Choose 12 Hill profile Programs.
- Built-in Pulse monitor
- Dual Color backlight LCD display.
- Tablet and Phone bracket holder & USB Charger built-in.
- EZ seat height adjustment that locks into place.
- Built-in speakers for wired connection to cell phone or tablet.
- 19” Stride length & 5 manual elevation settings.
- Net Weight: 137 lbs & Gross Shipping Weight: 148 lbs.

Assembled Size: 79” x 25” x 71”
Carton Size: 57” x 17” x 35”
Net Weight: 137 lbs & Gross Shipping Weight: 148 lbs
DELUXE HOME RECUMBENT BIKE™

MD-170R

• Console displays Time, Speed, Distance, Calorie, Pulse, RPM’s, Watts.
• Use Manual, Quick Start Mode or Choose 12 Hill profile Programs.
• Built-in Pulse monitor
• Dual Color backlight LCD display.
• Tablet and Phone bracket holder and USB Charger built-in.
• EZ slide seat adjustment for different leg lengths with mesh backrest.
• Built-in speakers for wired connection to cell phone or tablet.

Assembled Size: 52” x 25” x 46”
Carton Size: 51” x 15” x 26”
Net Weight: 124 lbs & Gross Shipping Weight: 139 lbs

DELUXE HOME UPRIGHT BIKE™

MD-170U

• Console displays Time, Speed, Distance, Calorie, Pulse, RPM’s, Watts.
• Use Manual, Quick Start Mode or Choose 12 Hill profile Programs.
• Built-in Pulse monitor
• Dual Color backlight LCD display.
• Tablet and Phone bracket holder & USB Charger built-in.
• EZ seat height adjustment that locks into place.
• Built-in speakers for wired connection to cellphone or tablet.

Assembled Size: 38” x 20” x 59”
Carton Size: 39” x 11” x 29”
Net Weight: 86 lbs & Gross Shipping Weight: 97 lbs
Muscle D Fitness has many selections of Cardio and Strength Equipment. Call for pricing if you want to substitute or delete any items from the list and layout. Package pricing is available. Full commercial machines may be used in the event you want the models that you see in a health club. See our website for more selection. We can do layouts and suggestions to fit your space!