



## M3 LINE

M3 series uses a modern aesthetic streamline the main frame. The top shelf is made of aluminum alloy die-casting molds, which is convenient for users to place items such as kettles, towels, and mobile phones. Built-in double pulley, using ergonomic principles, overall appearance of machine is simple and generous, full enclosed cover, carbon fiber treatment, high-end machine. All frame is made of 50\*100\*3mm rectangular tube, the painting process is covered with zinc spray at the bottom, middle layer spray metal, finally the transparent powder is sprayed on the surface of frame, increase the texture of machine. M3 series is the perfect combination of power and beauty.



### VISUAL DESIGN

**ALL adjusting pins and weight selecting pins are made of aluminium alloy, which is very conspicuous. It is very easy for the beginners who have no experience to use and set the equipment without the help of coaches.**



### INSTRUCITONAL PLACARD

**Easy to understand exercise placards feature large set-up and start and finish position diagrams that are visibly easy to identify.**



### EASIER LOAD SELECTION

**Selecting the corret weight is a hassle-free experience thanks to the new weight stack pin with pre-tensioned cable that doesn't jam between the weight stacks. The 4.5 kg/9 lbs integrated plate enables to increase the load more gradually.**

**M3-1001**  
SEATED CHEST PRESS



- > Dimension: 1300x1476x1518mm  
51.2x58.1x59.8in
- > N.W/G.W: 129kg 284lbs/160kg 353lbs
- > Weight Stack: 293lbs/132.75kg

**M3-1003**  
HIP ABDUCTOR



- > Dimension: 992x1353x1518mm  
39.1x53.3x59.8in
- > N.W/G.W: 125kg 276lbs/155kg 342lbs
- > Weight stack: 218lbs/99kg

**M3-1002**  
SEATED LATERAL RAISE



- > Dimension: 1171x1137x1518mm  
46.1x44.8x59.8in
- > N.W/G.W: 120kg 265lbs/150kg 330lbs
- > Weight stack: 174lbs/78.75kg

**M3-1004**  
HIP ADDUCTOR



- > Dimension: 1146x1340x1518mm  
45.1x52.8x59.8in
- > N.W/G.W: 125kg 275lbs/155kg 342lbs
- > Weight stack: 218lbs/99kg

**M3-1005**  
SEATED LEG EXTENSION



- > Dimension: 1073x1587x1618mm  
42.2x62.5x63.7in
- > N.W/G.W: 135kg 298lbs/162kg 357lbs
- > Weight Stack: 293lbs/132.75kg

**M3-1007**  
SEATED SHOULDER PRESS



- > Dimension: 1444x1666x1518mm  
56.9x65.6x59.8in
- > N.W/G.W: 130kg 287lbs/156kg 344lbs
- > Weight stack: 218lbs/99kg

**M3-1006**  
PRONE LEG CURL



- > Dimension: 1043x1500x1518mm  
41.1x59.1x59.8in
- > N.W/G.W: 145kg 320lbs/170kg 375lbs
- > Weight stack: 263lbs/119.25kg

**M3-1008**  
ABDOMINAL CRUNCH



- > Dimension: 1058x1280x1518mm  
41.7x50.4x59.8in
- > N.W/G.W: 115kg 253lbs/142kg 313lbs
- > Weight stack: 218lbs/99kg

**M3 LINE**

**M3-1009**  
SEATED LEG PRESS



- ▶ Dimension: 995x1942x1718mm
- ▶ 39.2x76.5x67.6in
- ▶ N.W./G.W.: 230kg 507lbs/275kg 606lbs
- ▶ Weight Stack: 293lbs/132.75kg

**M3-1010**  
SEATED BICEPS CURL



- > Dimension: 1371x1208x1518mm
- > 54x47.6x59.8in
- > N.W./G.W.: 123kg 271lbs/148kg 327lbs
- > Weight stack: 174lbs/78.75kg

**M3-1013**  
LAT PULL DOWN



- > Dimension: 1090x1958x1882mm/  
42.9x77.1x74.1in
- > N.W./G.W.: 134kg 295lbs/164kg 362lbs
- > Weight Stack: 263lbs/119.25kg

**M3-1014**  
MULTI HIP



- > Dimension: 1165x1113x1618mm
- > 45.9x43.8x63.7in
- > N.W./G.W.: 130kg 287lbs/158kg 348lbs
- > Weight stack: 263lbs/119.25kg

**M3-1011**  
SEATED TRICEPS EXTENSION



- > Dimension: 1682x1157x1518mm
- > 66.2x45.6x59.8in
- > N.W./G.W.: 124kg 273lbs/146kg 322lbs
- > Weight stack: 263lbs/119.25kg

**M3-1012**  
PECTORAL MACHINE



- > Dimension: 1090x1958x1518mm
- > 52.9x77.1x59.8in
- > N.W./G.W.: 116kg 255lbs/150kg 331lbs
- > Weight Stack: 263lbs/119.25kg

**M3-1015**  
ROW/REAR DELTOID



- > Dimension: 875x1479x1518mm
- > 34.4x58.2x159.8in
- > N.W./G.W.: 135kg 298lbs/162kg 357lbs
- > Weight stack: 263lbs/119.25kg

**M3-1015A**  
ROW/REAR DELTOID



- > Dimension: 788x1458x1852mm
- > 31x57.4x72.9in
- > N.W./G.W.: 135kg 298lbs/162kg 357lbs
- > Weight stack: 263lbs/119.25kg

**M3-1016**  
BACK EXTENSION



- > Dimension: 945x1338x1518mm  
37.2x52.7x59.8in
- > N.W/G.W: 141kg 311lbs/163kg 359lbs
- Weight Stack: 293lbs/132.75kg

**M3-1018**  
SEATED LEG CURL



- > Dimension: 1073x1067x1618mm  
42.2x42x63.7in
- > N.W/G.W: 168kg 370lbs/182kg 401lbs
- > Weight stack: 293lbs/132.75kg

**M3-1017**  
PEC FLY/REAR DELT



- > Dimension: 1380x1227x1868mm  
54.3x48.3x73.5in
- > N.W/G.W: 145kg 320lbs/185kg 408lbs
- > Weight stack: 218lbs/99kg

**M3-1019**  
STANDING CALF RAISE



- > Dimension: 992x1102x1633mm  
35x43.4x64.3in
- > N.W/G.W: 72kg 159lbs/96kg 212lbs
- > Weight stack: 263lbs/119.25kg

**M3-1020**  
CHINDIP ASSIST



- > Dimension: 992x1921x2340mm  
39.1x75.6x92.1in
- > N.W/G.W: 180kg 397lbs/215kg 474lbs
- > Weight stack: 263lbs/119.25kg

**M3-1022**  
GLUTE MACHINE



- > Dimension: 1108x1117x1518mm  
43.6x43.4x59.8in
- > N.W/G.W: 148kg 326lbs/182kg 401lbs
- > Weight stack: 174lbs/78.75kg

**M3-1021**  
ROTARY TORSO ROTATION



- > Dimension: 759x1163x1618mm  
29.9x45.8x63.7in
- > N.W/G.W: 115kg 254lbs/135kg 298lbs
- > Weight stack: 263lbs/119.25kg

**M3-1023**  
GLUTE MACHINE



- > Dimension: 2011x1101x1618mm  
79.2x43.3x63.7in
- > N.W/G.W: 148kg 326lbs/182kg 401lbs
- > Weight stack: 174lbs/78.75kg

