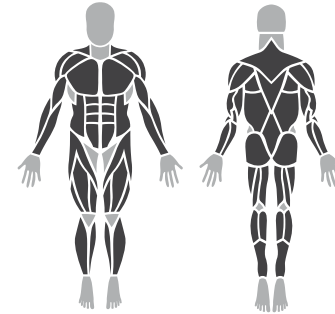


Apollo Multigym

#OF-100-01



The Apollo Multigym supports five users and offers more than 75 exercises in a compact footprint. Users of all ages and fitness abilities can receive a full-body workout with a mix of functional, bodyweight, and resistance exercises.



Targets:
Quadriceps,
glutes,
hamstrings,
abs, obliques,
shoulders,
chest, arms



GENERAL SPECIFICATIONS

Ages 13+
User Capacity: 5
Number of Stations: 8
Number of Exercises: 75+

APOLLO
MULTIGYM

INSTALLATION SPECIFICATIONS

Equipment (LxWxH):
76 in x 73 in x 85 in
(193 cm x 185 cm x 216 cm)
Weight: 1046 lbs (474 kg)
ASTM Fall Height: 84 in (213 cm)
Use Zone: 13 ft x 14 ft (3.9 m x 4.3 m)
ASTM Pad Size: 19 ft x 20 ft (5.7 m x 6.1 m)
ASTM Safety Surfacing Area: 272 ft² (25.2 m²)

COLOR OPTIONS



Technical Design Features

Frame

Constructed of 3/16" and 1/4" thick heavy-duty steel.

All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck.

The locking nuts are shielded behind a padlocked access hatch.

Multi-Step Coating Process

Abrasive Blast with Aluminum Oxide: Surfaces are blasted with aluminum oxide to remove contaminants and create a textured profile that promotes strong adhesion of coatings.

Pre-Treatment Wash: Parts undergo a steam rinse, a zirconium-based chemical conversion coating for corrosion resistance and adhesion, a clean water rinse, and are then oven-dried to eliminate all moisture before coating.

Zinc-Rich Primer: A zinc-rich primer is applied (2.5-3.5 mil thickness) to provide corrosion protection and is oven-cured to form a durable bond with the metal surface. It is rated for 4000 hours of salt spray.

Top Coat: The final topcoat is applied for color, UV, and weather protection, then cured in an oven to create a long-lasting, high-performance finish. The polyester powder is applied with TGIC-Free super durable polyester, exterior grade powder.

Instructional Placards

Instructional placards are 0.25" thick Lexan and reverse printed with UV stabilized ink.

The Lexan is anchored to the column with a stainless steel trim ring and tamperproof rounded head carriage bolts.

Engineered with Real Exercise Biomechanics

Safe and effective exercise biomechanics are built into every product through adjustable resistance systems, ergonomically designed bodyweight stations, and configurable bench and seat height adjustments.

Available Exercises

HIGH-LOW PULLEY SYSTEM

Cable lateral raise
Cable crunch
Seated single arm row
Seated double arm row
Cable pull through
Cable wood chop
Single arm bicep curl
Double arm bicep curl
Hammer curls
Upright row
Single arm cable press
Cable row with squat
Straight arm pulldown
Reverse triceps extensions
Seated lat pulldown
Cable reverse lunge
Kneeling shoulder press
Bent over row
Triceps pressdown
Weighted squat
Straight leg deadlift
Single leg deadlift
Romanian deadlift
Lateral lunge
Paloof press

CHIN-UP/DIP

Regular dips - without assist
Regular dips - with assist
Triceps Dips - without assist
Triceps Dips - with assist
Chest Dips - with assist
Chest dips - without assist
Negative dips - without assist
Negative dips - with assist
Isometric dip holds - without assist
Chin-ups (underhand) - with assist
Chin-up (underhand) - without assist
Neutral-grip pull-ups - with assist
Neutral grip pull-ups - without assist
Wide grip pullups - assist
Wide grip pullups - no assist
Hammer grip pullups - assist
Hammer grip pullups - no assist
Mixed grip - assist
Mixed grip - no assist
Close grip pullups - no assist
Close grip pullups - assist
Hanging L-Sit
Oblique knee raises
Hanging holds

PLYO BOX

Step ups
Lateral box jumps
Box jumps
Bulgarian split squat
Glute bridge
Pistol squat
Single-leg step-ups
Calf step-ups
Single leg jump up squat
Bulgarian split squat
Single leg hip thrust
Tricep push up
Incline push up
Decline push up
Triceps dips
Toe taps
Burpee box jumps
Depth jump plus jump
Side plank
Plank
Bicycles

CALF RAISE

Single Leg
Double Leg

ABDOMINAL KNEE RAISE

Bent leg
Straight leg
Single leg alternating raises
Flutter kicks
Bent leg twist
Straight leg twist

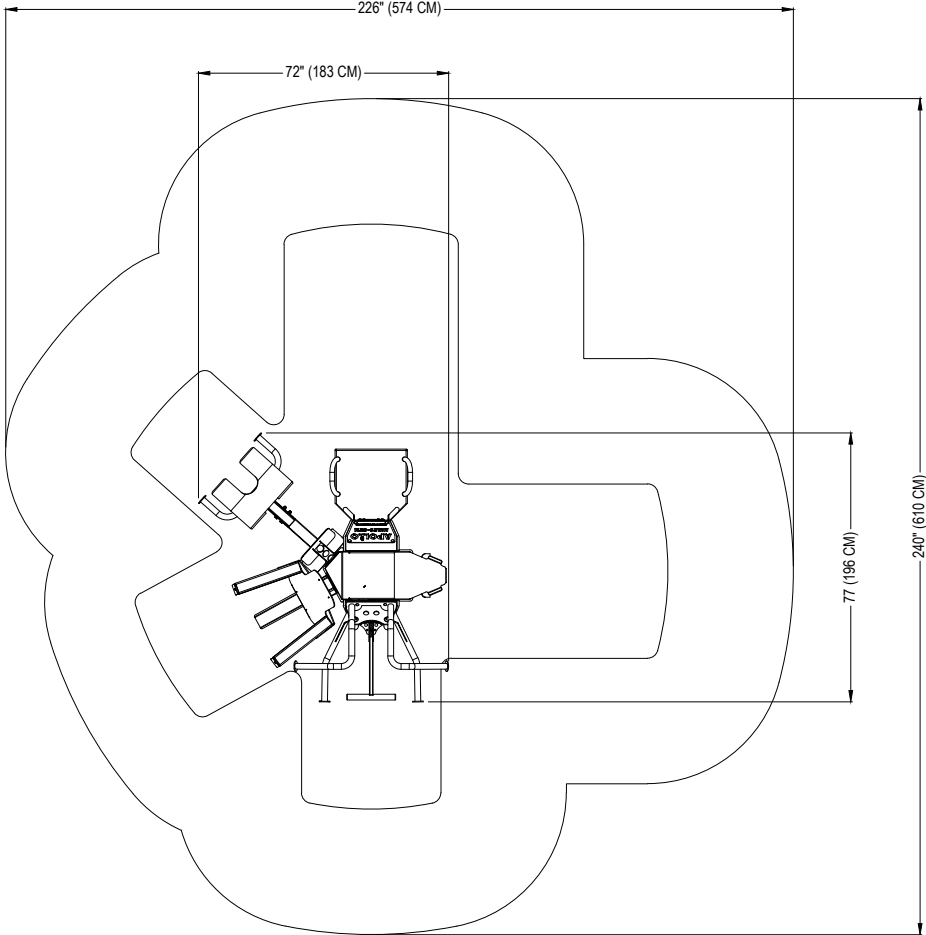
BACK EXTENSION

Back extension

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ASTM Fall Height: 84 in (213 cm) | **Total Height:** 85 in (216 cm) | **ASTM Safety Surfacing Area:** 272 ft² (25.2 m²)



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