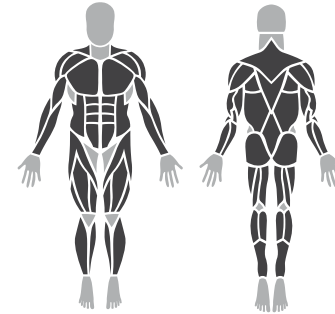


Versa Hi-Lo Pulley System

#OF-100-07



The Versa Hi-Lo Pulley System is a single-user multigym that delivers a full-body resistance workout in a very compact footprint.



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



GENERAL SPECIFICATIONS

Ages 13+
User Capacity: 1
Number of Stations: 2
Number of Exercises: 25+



INSTALLATION SPECIFICATIONS

Equipment (LxWxH):
20 in x 15 in x 90 in
(51 cm x 38 cm x 229 cm)
Weight: 482 lbs (219 kg)
ASTM Fall Height: 0 in (0 cm)
Use Zone: 8 ft x 3 ft (2.3 m x 0.9 m)
ASTM Pad Size: 14 ft x 9 ft (4.1 m x 2.7 m)
ASTM Safety Surfacing Area: 103 ft² (9.5 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

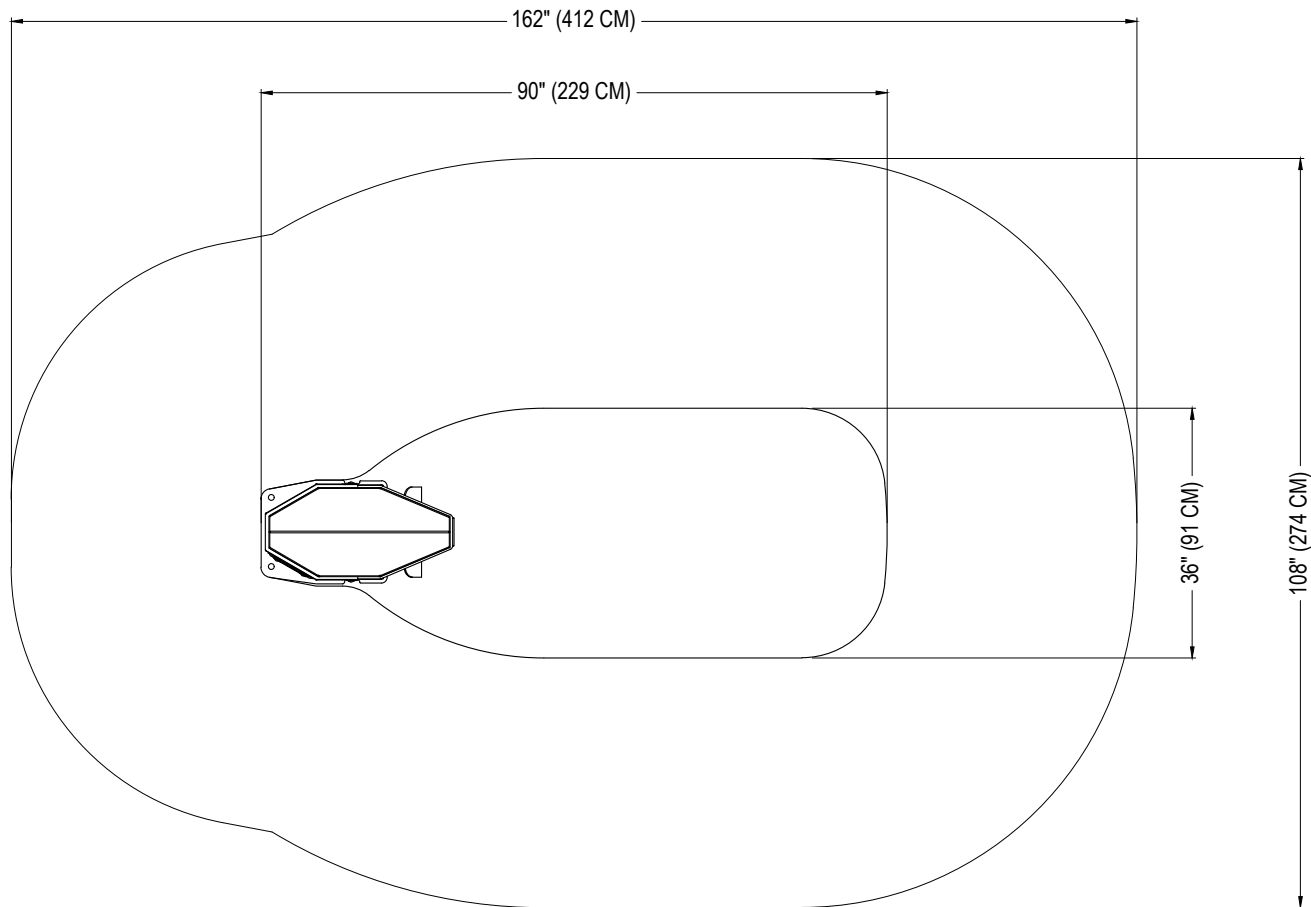
Lateral lunge

Pallof press

Versa Hi-Lo Pulley System

#OF-100-07

ASTM Fall Height: 0 in (0 cm) | **Total Height:** 90 in (229 cm) | **ASTM Safety Surfacing Area:** 103 ft² (9.5 m²)



[Click to see CAD details online](#)