

FREEWEIGHT®

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IT WORKS BETTER

DESIGNED AND MADE IN ITALY



Sport Experience





GIADA DIJUST - ITALIAN WEIGHTLIFTER
MARCO DI MARZIO - 10 TIMES ITALIAN WEIGHTLIFTING CHAMPION CATEGORY 85 KG



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/ EXCLUSIVE RED PADDING
GRAPHITE FRAME
RED MOVING PARTS





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“La pura emozione
prende forma e funzionalità.”
“Real emotions get shaped
in a functional way.”

“Free Weight High Performance è una linea nata per lo sviluppo della Forza, della Potenza e della Velocità. L’abbiamo resa talmente funzionale in tutti i particolari al fine di permettere a qualsiasi atleta, di qualsiasi disciplina, di sviluppare la massima potenza e velocità. Una linea concepita per allenarsi nel migliore dei modi, in massima sicurezza, utilizzando perfettamente la biomeccanica articolare.”

“Free Weight High Performance is a line designed to build strength, power and speed. We fine-tuned all details to help any athlete in any sport build maximum power and speed. We developed this line of equipment for getting the most out of your workout in mind – guaranteeing maximum safety and proper biomechanics of articulation.”

Rudy Panatta



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GRAPHITE FRAME
GRAPHITE MOVING PARTS





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INTRODUCTION

10 **PERFECT BIOMECHANICS**

14 **TESTING**

MACHINES

16 **PETTORALI** *PECTORALS*

VERTICAL CHEST PRESS
INCLINED CHEST PRESS
SUPER HORIZONTAL BENCH PRESS
INCLINED FLIGHT MACHINE
DIPS PRESS DUAL SYSTEM

26 **DORSALI** *LATISSIMUS DORSI*

LOW ROW
SUPER ROWING

30 **SCHIENA** *BACK*

LAT MACHINE CONVERGENT
HIGH ROW

34 **SPALLE** *SHOULDERS*

DELTOID PRESS
BACK DELTOID

38 **TRICIPITI** *TRICEPS*

TRICEPS MACHINE

40 **BICIPITI** *BICEPS*

CURLING MACHINE

42 **ADDOMINALI** *ABDOMINALS*

ABDOMINAL CRUNCH

44 **COSCE** *QUADRICEPS*

LEG PRESS BRIDGE
LEG PRESS 45°
POWER SQUAT
HACK SQUAT
LEG EXTENSION

52 **FEMORALI** *HAMSTRINGS*

LEG CURLING

54 **POLPACCI** *CALVES*

SEATED CALF
DONKEY CALF

58 **MULTIFUNCTIONAL**

SMITH MACHINE LINEAR BEARINGS FULL
SMITH MACHINE LINEAR BEARINGS BASE

62 **GROUND POWER**

HALF RACK FULL
HALF RACK BASE
JAMMER
COMBO TWIST
SQUAT LUNGE

72 **PANCHE** *BENCHES*

POWER RACK
MULTIPURPOSE SIT UP BENCH
FULLY ADJUSTABLE BENCH
FULLY ADJUSTABLE SPECIAL KIT FOR 1HP120
FULLY ADJUSTABLE SPECIAL KIT FOR 1HP234A
POWER TOWER
DORSY BAR
OLYMPIC MULTI BENCH
OLYMPIC FLAT BENCH
OLYMPIC INCLINED BENCH
MULTIMOTION BENCH
OLYMPIC SHOULDER BENCH
TRICEPS BENCH
STANDING CURL BENCH
POWER PLATFORM

91 **ACCESSORIES**

BARBELLS
DUMBBELLS
RACKS
FOOTREST / PLATFORM
EDUCATIONAL KIT

102 **ATELIER PANATTA SPORT**

112 **TECHNICAL DATA**

/ PERFECT BIOMECHANICS

“Free Weight High Performance significa: biomeccanica d'avanguardia, massime performance e design orientato al futuro. Un'esperienza di allenamento unica.”

“Free Weight High Performance means: state-of-the-art biomechanics, maximum performance and futuristic design. A unique training experience.”



PIANI DI LAVORO FISIOLGICI

La traiettoria delle macchine Free Weight è biomeccanicamente corretta. Ne consegue un lavoro perfetto nel muscolo bersaglio.

PHYSIOLOGICAL PLANES OF MOTION

The trajectory of the Free Weight machine is biomechanically correct. You will target every muscle group in a perfect manner.



TENSIONE EQUILIBRATA E COSTANTE SULL'INTERO ARCO DI MOVIMENTO

I carichi di lavoro sono distribuiti secondo la traiettoria del movimento con una tensione costante durante l'arco dell'esercizio. Questo evita lo stress da sovraccarico nella fase di inizio e fine movimento.

EVEN AND STEADY TENSION ALONG THE FULL RANGE OF MOTION

Weights are distributed along the range of motion with a steady tension during the movement. It helps get over sticky points at the beginning and at the end of the movement.



POSIZIONAMENTO CORRETTO DEL CENTRO DI ROTAZIONE

La centratura, rispetto alle articolazioni, dei centri di rotazione presenti nelle macchine costituisce un elemento biomeccanico fondamentale, in quanto assicura un allenamento efficace e sicuro nel rispetto della fisiologia umana e biomeccanica articolare.

PROPER SETTING IN LINE WITH PIVOT POINTS

Positioning yourself properly is essential for a safe and productive workout. As for human physiology and joint biomechanics, your joints are in line with fulcrum or pivot points of the machine levers.



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/ PERFECT BIOMECHANICS



BASCULAMENTO

Consente di variare la resistenza in rapporto alla forza sviluppata dal muscolo grazie alla diversa posizione del carico rispetto alla verticale del braccio. Rende il movimento fisiologico e sintonico con la propriocezione individuale.

TILTING PLATFORMS

Tilting platforms place different level of tension in direct ratio to muscle strength and power output thanks to a change of the weight position relative to the perpendicular line of the machine lever. Movements become natural and adjusted to your proprioception.



PEDANA ANTISCIVOLO E PANTOGRAFO DI REGOLAZIONE

La pedana garantisce l'assoluta sicurezza e stabilità dell'appoggio anche negli esercizi più impegnativi. L'azione del pantografo regola il basculamento della pedana che si adegua alla flessibilità della caviglia.

NON-SLIP PLATFORM AND PANTOGRAPH TILTING MANAGEMENT SYSTEM

A non-slip platform guarantees the maximum safety and foot stability even in the most challenging exercise. A pantograph system manages the platform tilting in regard to your ankle flexibility.



PARTENZA FACILITATA

La leva di sblocco permette di iniziare il movimento dalla posizione più idonea a trovare il corretto allineamento articolare e al tempo stesso meno impegnativa in fase di massimo carico.

EASY ENTRY LEVER

An easy entry lever allows you to take the position that works best to keep joints aligned with pivot points. In addition, it is easier to start the movement when the machine is at maximum load.

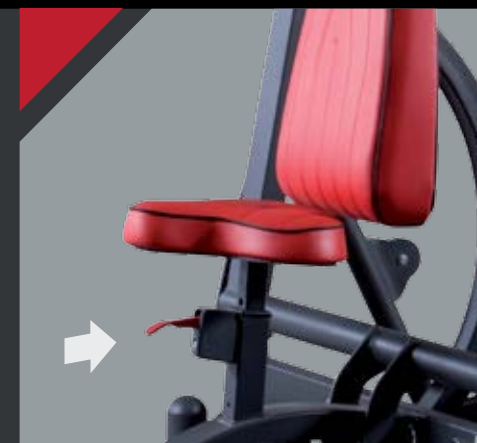


REGOLAZIONE DEI CENTRI DI ROTAZIONE

Seguono l'assetto della persona durante l'esecuzione di movimenti particolarmente complessi, mantenendo focalizzato lo sforzo sui muscoli bersaglio.

ADJUSTEMENT OF PIVOT POINTS

Pivot points follow your positioning through the most complex movements and focus on the target muscle groups.



REGOLAZIONE SEDUTE A GAS

La molla a gas rende facile e senza sforzo la regolazione dei sedili e degli appoggi.

GAS ASSISTED SEAT

Gas assisted springs let you adjust seats and supports easily.



CONTRAPPESI

Servono ad annullare il peso del braccio di leva consentendo l'utilizzo del carico reale.

COUNTERWEIGHTS

Counterweights balance out lever weight so that you can use your intended load.

/ TESTING

OLTRE L'EFFICIENZA

Una linea testata da numerosi atleti professionisti per poter garantire prestazioni straordinarie ad utenti di varie corporature. Un complesso sistema di collaudi e test garantisce l'affidabilità nel tempo di questa linea: ogni attrezzatura viene sottoposta a collaudi di sforzo con carichi fino a 900 kg e con un numero di cicli di lavoro superiore a 250.000. Questo permette di assicurare qualità eccellente e massima sicurezza nel tempo.

BEYOND EFFICIENCY

This equipment line was tested by many professional athletes to guarantee an extraordinary performance for any body type. A thorough benchmark testing guarantees the stability of this Panatta Sport line: Each piece of equipment carries out more than 250,000 workload cycles with loads as high as 900 Kg. This is why Panatta Sport's quality is top-notch and safety remains at its maximum during the years of use.

CERTIFICATIONS



EN957

GARANZIA 7 ANNI
WARRANTY 7 YEARS



TESTING

LEG PRESS 45°

Caricata con kg 900
Cicli di carico di lavoro
effettuati: 300.000
*900 Kg load.
Workload cycles carried
out: 300,000*



TESTING

LAT MACHINE CONVERGENT

Caricata con kg 135
per braccio.
Cicli di carico di lavoro
effettuati: 250.000
*135 Kg load per arm.
Workload cycles carried
out: 250,000*



TESTING

VERTICAL CHEST PRESS

Caricata con kg 135
per braccio.
Cicli di carico di lavoro
effettuati: 250.000
*135 Kg load per arm.
Workload cycles carried
out: 250,000*



TESTING

LEG EXTENSION

Caricata con kg 135
per braccio.
Cicli di carico di lavoro
effettuati: 250.000
*135 Kg load per arm.
Workload cycles carried
out: 250,000*



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/ PETTORALI *PECTORALS*

**VERTICAL CHEST PRESS
INCLINED CHEST PRESS
SUPER HORIZONTAL BENCH PRESS
INCLINED FLIGHT MACHINE
DIPS PRESS DUAL SYSTEM**

È il gruppo muscolare più evidente della parte anteriore del busto, molto importante in tutti i gesti quotidiani. Viene attivato su tutti i movimenti di spinta delle braccia, in simbiosi con spalle e tricipiti. La gamma di attrezzature per il petto permette il corretto isolamento dei vari gruppi muscolari del pettorale, ottenendo la massima potenza di picco in totale sicurezza anche con i carichi più importanti.

The pectoral muscles are the most noticeable muscle group in the chest. Their actions are important in any daily tasks. With the help of your shoulder muscles and triceps, your pectorals are in charge of any pushing movement. Our chest machines allow quality training in any part of the pectorals. You will get maximum peak contractions while staying perfectly safe, even with the heaviest weights.

ROBERTO CAMMARELLE - OLYMPIC HEAVYWEIGHT BOXING CHAMPION
FOR FREE WEIGHT HP PANATTA SPORT

VERTICAL CHEST PRESS

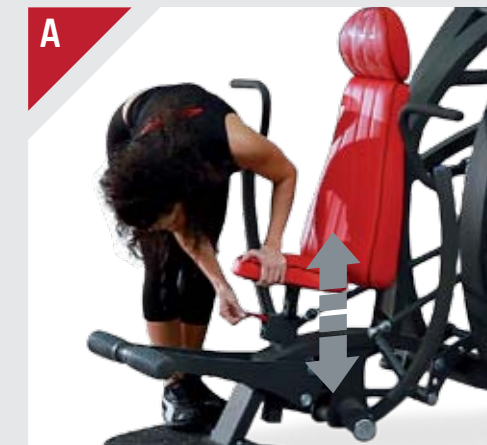
PECTORALS
1HP536



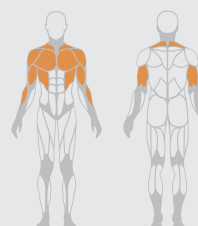
18

MAIN FEATURES

- ✓ A / ADJUSTABLE SITTING GAS ASSISTED
- ✓ B / EASY ENTRY LEVER
- ✓ C / SMART FOOTREST OF STABILIZATION (OPTIONAL)
- ✓ D / MULTIPLE ERGONOMIC HANDGRIPS: DIFFERENT HOLDS



MUSCLES



MOVEMENT



INCLINED CHEST PRESS

PECTORALS
1HP535

MAIN FEATURES

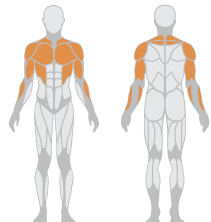
- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ ADJUSTABLE SITTING GAS ASSISTED
- ▶ EASY ENTRY LEVER
- ▶ SMART FOOTREST OF STABILIZATION (OPTIONAL)
- ▶ MULTIPLE ERGONOMIC HANDGRIPS: DIFFERENT HOLDS



MUSCLES

MOVEMENT

1



SUPER HORIZONTAL BENCH PRESS

PECTORALS
1HP537

MAIN FEATURES

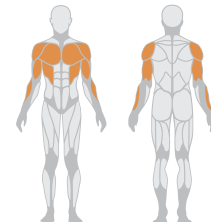
- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ EASY ENTRY LEVER
- ▶ MULTIPLE ERGONOMIC HANDGRIPS: DIFFERENT HOLDS



MUSCLES

MOVEMENT

1



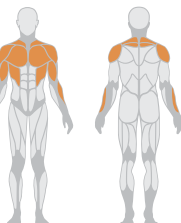
INCLINED FLIGHT MACHINE

- PECTORALS
1HP538
- MAIN FEATURES
 - ▶ PANTOGRAPHS OF MUSCLES' STRAIN
 - ▶ ADJUSTABLE SITTING GAS ASSISTED
 - ▶ EASY ENTRY LEVER



MUSCLES

MOVEMENT



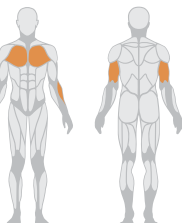
DIPS PRESS DUAL SYSTEM

- PECTORALS/
TRICEPS
1HP540



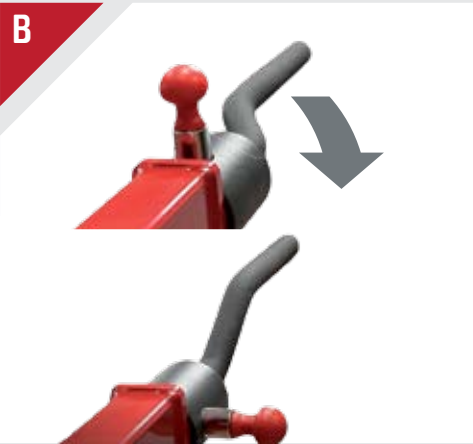
MUSCLES

MAIN MOVEMENTS



SEAT ROTATION
180°

- ▶ A / DUAL SEAT
- ▶ B / HANDGRIPS: 3 DIFFERENT ADJUSTMENTS
- ▶ C / ADJUSTABLE SITTING GAS ASSISTED
- ▶ D / INDEPENDENT LEVERS WITH SMART LOCKING SYSTEM





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AQUILA RUGBY 1936 - ITALIAN SUPER 10



/ DORSALI LATISSIMUS DORSI

LOW ROW SUPER ROWING

Il grande dorsale costituisce la metà inferiore del dorso. Viene isolato in esercizi di flessione delle braccia, avendo cura di tenere le spalle ben bloccate ed evitando l'apertura delle scapole. Le attrezzature specifiche per i dorsali permettono l'esecuzione di esercizi in totale sicurezza, simulando i corrispettivi esercizi di potenza a corpo libero ma salvaguardando la posizione fisiologica del busto.

The latissimus dorsi ("lat") is the largest muscle group in your back. Lats are targeted through any exercise with arm flexion whenever shoulders are locked and shoulder blades are pulled together. Lat machines allow imitating power exercises with your bodyweight while staying perfectly safe and maintaining your physiological posture of the chest.

LOW ROW

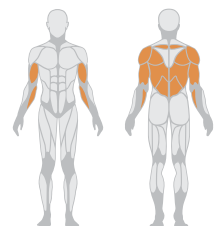
LATISSIMUS
DORSI
1HP502

MAIN FEATURES

- ADJUSTABLE SITTING GAS ASSISTED
- EASY ENTRY LEVER
- ERGONOMIC ROTATING HANDGRIPS



MUSCLES



MOVEMENT



SUPER ROWING

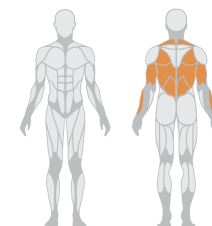
LATISSIMUS
DORSI
1HP504

MAIN FEATURES

- PANTOGRAPHS OF MUSCLES' STRAIN
- ADJUSTABLE SITTING GAS ASSISTED
- EASY ENTRY LEVER
- MULTIPLE ERGONOMIC HANDGRIPS: DIFFERENT HOLDS



MUSCLES



MOVEMENTS





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/ SCHIENA BACK

LAT MACHINE CONVERGENT HIGH ROW

Macchinari studiati per allenare i muscoli della schiena in modo sicuro e performante, in quanto lavorano su diversi piani e permettono di variare il movimento con più posizioni di presa.
La tonicità dei muscoli della schiena è molto importante nella prevenzione di traumi all'altezza dell'articolazione scapolo-omerale.

These machines are designed to target back muscle in safety and to aim for maximum performance. The movement may be varied through different work planes and grips. Back muscles training is critical to prevent injuries to the acromioclavicular joint.

LAT MACHINE CONVERGENT

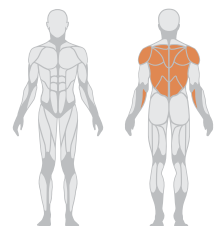
BACK
1HP501

MAIN FEATURES

- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ ADJUSTABLE ROLLERS
- ▶ SMART FOOTREST OF STABILIZATION *(OPTIONAL)*
- ▶ MULTIPLE ERGONOMIC HANDGRIPS: DIFFERENT HOLDS



MUSCLES



MOVEMENT

1



HIGH ROW

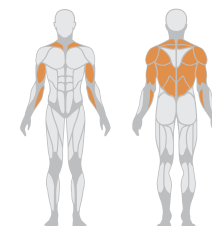
BACK
1HP503

MAIN FEATURES

- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ ADJUSTABLE ROLLERS
- ▶ SMART FOOTREST OF STABILIZATION *(OPTIONAL)*
- ▶ MULTIPLE ERGONOMIC HANDGRIPS: DIFFERENT HOLDS



MUSCLES



MOVEMENT

1





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/ SPALLE SHOULDERS

DELTOID PRESS BACK DELTOID

Le fasce muscolari che ricoprono l'articolazione della spalla vengono comunemente chiamate deltoide, e vengono attivate nei movimenti di spinta e flessione della spalla. Le attrezzature specifiche per i muscoli deltoidi permettono la giusta regolazione del sedile e la facilitazione della partenza, in modo da concentrare al massimo lo sforzo sul muscolo ed evitando quindi al minimo il rischio di infortuni.

The deltoid muscle is the muscle made up of three distinct sets of fibers forming the rounded contour of the shoulder joint. The deltoid is responsible for pushing movements and shoulder flexion. Deltoid machines help to work the shoulder muscles at your best and to ensure the maximum safety thanks to proper seat adjustments and an easy entry lever.

DELTOID PRESS

SHOULDERS

1HP525

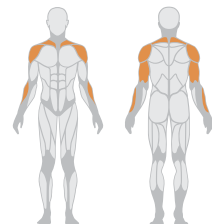
MAIN FEATURES

- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ ADJUSTABLE SITTING GAS ASSISTED
- ▶ ADJUSTABLE BACKREST GAS ASSISTED
- ▶ EASY ENTRY LEVER
- ▶ SMART FOOTREST OF STABILIZATION (OPTIONAL)
- ▶ MULTIPLE ERGONOMIC HANDGRIPS: DIFFERENT HOLDS



MUSCLES

MOVEMENT



1



BACK DELTOIDS

SHOULDERS

1HP526

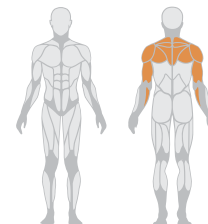
MAIN FEATURES

- ▶ ADJUSTABLE SITTING GAS ASSISTED
- ▶ COUNTER-WEIGHT



MUSCLES

MOVEMENT



1





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/ TRICIPITI TRICEPS

TRICEPS MACHINE

I capi del muscolo tricipite vengono allenati estendendo l'avambraccio, seguendo la giusta traiettoria e con il centro di rotazione studiato in modo da essere perfettamente allineato in ogni fase dell'esercizio. Diversi macchinari e varianti di esercizio sono previsti in modo da sollecitare i diversi capi del muscolo tricipite.

The three heads of the triceps work whenever you straighten your elbow. It is essential the machine is designed to follow the proper range of motion and to keep your joint in line to pivot points during the whole movement. Several machines and exercise variations allow targeting all the triceps heads.

LORENZO VESPA - ITALIAN NATIONAL WATER POLO PLAYER

TRICEPS MACHINE

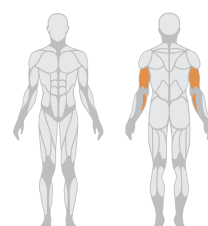
TRICEPS
1HP552

MAIN FEATURES

- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ ADJUSTABLE SITTING GAS ASSISTED
- ▶ INDEPENDENT ARMS



MUSCLES



MOVEMENTS





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/ BICIPITI BICEPS

CURLING MACHINE

I muscoli flessori dell'avambraccio sono allenati in totale sicurezza per le articolazioni, senza coinvolgere altri gruppi muscolari. L'utilizzo di pantografi e controbilanciamenti garantisce la massima fluidità del movimento e la progressione graduale del carico, in modo da concentrare al massimo il carico nella fase finale.

Train the strong elbow flexors in the proper manner for your joints and keeping other muscle groups out of the picture. Pantographs and counterweights allow the smoothest movements and the most gradual increase in weight. Overload is at its maximum in the top position.

LORENZO VESPA - ITALIAN NATIONAL WATER POLO PLAYER

CURLING MACHINE

41

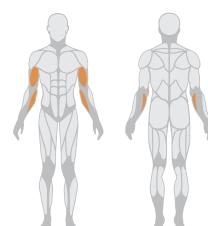
BICEPS
1HP551

MAIN FEATURES

- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ ADJUSTABLE SITTING GAS ASSISTED
- ▶ INDEPENDENT ARMS



MUSCLES



MOVEMENTS





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/ ADDOMINALI ABDOMINALS

ABDOMINAL CRUNCH

I muscoli addominali sono costituiti da varie fasce muscolari che si incrociano su vari piani. La potenza di questo muscolo è fondamentale anche negli sport leggeri e negli esercizi a corpo libero. Viene attivato e isolato mediante sistemi semplici e allo stesso tempo innovativi, in grado di guidare l'utente su traiettorie fisiologiche che non creano scompensi posturali alla colonna vertebrale.

The abdominal muscle group has a common set of layers crossing on different planes. Powerful abs are also fundamental in track and field and bodyweight exercises. This machine is built to target your abdominals in a simple yet innovative manner - you are set to follow physiological range of motions with no poor back posture.

VALENTINA VEZZALI - OLYMPIC FOIL CHAMPION - FOR FREE WEIGHT HP PANATTA SPORT

ABDOMINAL CRUNCH

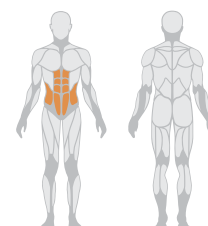
ABDOMINALS
1HP565

MAIN FEATURES

- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ MULTIJOINT



MUSCLES



MOVEMENT





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/ COSCE QUADRICEPS

LEG PRESS BRIDGE
LEG PRESS 45°
POWER SQUAT
HACK SQUAT
LEG EXTENSION

Attrezzature in grado di sollecitare la muscolatura della parte inferiore del corpo in modo fisiologico e corretto. La perfezione della biomeccanica Panatta Sport è evidente negli accorgimenti mirati sulle traiettorie di spinta e sui piani di lavoro. Tale perfezione consente di stimolare coordinazione motoria e propriocezione, rendendo queste macchine degli ottimi strumenti per la preparazione atletica.

These machines help to properly work out the lower part of your body - with a particular attention to physiology. Panatta Sport aims for the most perfect biomechanics - and it shows in many details for pushing trajectories and planes of motion. Movement coordination and proprioception are improved through the perfection of these machines - which are great tools in athletic preparation.

MARCO DI MARZIO - 10 TIMES ITALIAN WEIGHTLIFTING CHAMPION (CATEGORY 85 KG)

LEG PRESS BRIDGE

QUADRICEPS
1HP583

REAL LOAD
200 kg.

END

230 kg

MIDDLE

220 kg

START

200 kg



MAIN FEATURES

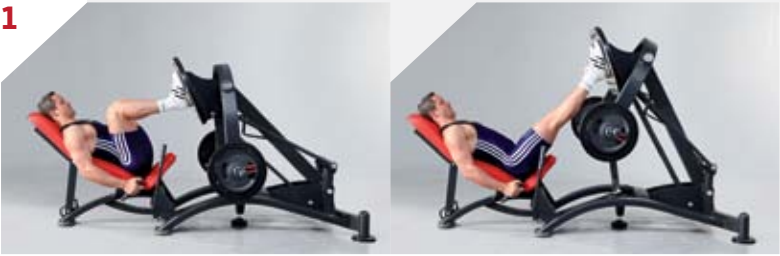
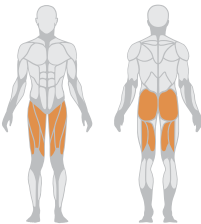
- A / BIOMECHANICAL PANTOGRAPHS FOR TILTING PLATFORM
- B / SAFETY LEVER
- C / ADJUSTABLE BACKREST
- D / STEEL PLATFORM (OPTIONAL)



MUSCLES

MOVEMENT

1



LEG PRESS 45°

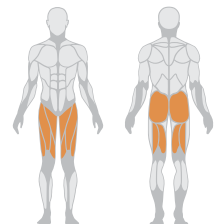
QUADRICEPS
1HP586

MAIN FEATURES

- ADJUSTABLE BACKREST
- SAFETY LEVER
- STEEL PLATFORM (OPTIONAL)
- ADDITIONAL WEIGHT HOLDERS



MUSCLES



MOVEMENT

1



POWER SQUAT

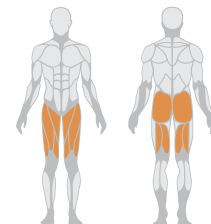
QUADRICEPS
1HP584

MAIN FEATURES

- PANTOGRAPHS OF MUSCLES' STRAIN
- FOOTBOARD WITH ADJUSTABLE INCLINATION
- 2 DIFFERENT WORKING POSITIONS
- SAFETY LEVER
- STEEL PLATFORM (OPTIONAL)



MUSCLES



MOVEMENTS

1



2



HACK SQUAT

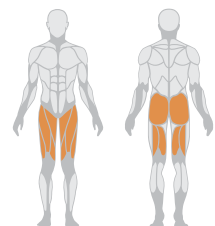
QUADRICEPS
1HP587

MAIN FEATURES

- FOOTBOARD WITH ADJUSTABLE INCLINATION
- SAFETY BAR
- STEEL PLATFORM (OPTIONAL)



MUSCLES



MOVEMENT

1



LEG EXTENSION

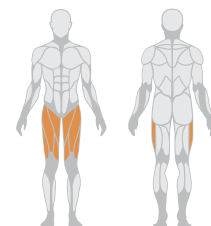
QUADRICEPS
1HP581

MAIN FEATURES

- PANTOGRAPH OF MUSCLES' STRAIN
- COUNTER-WEIGHT
- ADJUSTABLE ROLLERS
- ADJUSTABLE BACKREST GAS ASSISTED
- EASY ENTRY LEVER
- INDEPENDENT LEVERS



MUSCLES



MOVEMENTS

1



2





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER



/ FEMORALI HAMSTRINGS

LEG CURLING

I muscoli femorali sono stimolati mediante esercizi di flessione della gamba, ponendo particolare attenzione al giusto posizionamento del centro di rotazione per poter eseguire l'esercizio in totale sicurezza per le articolazioni del ginocchio e dell'anca. Il potenziamento dei muscoli flessori della gamba è particolarmente importante negli sport di atletica.

This machine targets hamstrings through hip and knee flexion. The proper positioning in line with pivot points is essential to be free from injuries of both the hip and knee joint. Powerful hip and knee flexors are critical for athletic performance.

MARCO DI MARZIO - 10 TIMES ITALIAN WEIGHTLIFTING
CHAMPION (CATEGORY 85 KG)

LEG CURLING

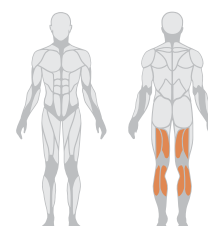
HAMSTRINGS
1HP582

MAIN FEATURES

- ▶ PANTOGRAPHS OF MUSCLES' STRAIN
- ▶ COUNTER-WEIGHTS
- ▶ ADJUSTABLE ROLLERS
- ▶ INDEPENDENT LEVERS



MUSCLES



MOVEMENTS





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER



/ POLPACCI CALVES

SEATED CALF DONKEY CALF

Determinanti nella stabilità e nella postura, i muscoli del polpaccio lavorano su ogni movimento di sollevamento del corpo. L'allenamento dei polpacci è previsto su più piani funzionali in modo da permettere l'attivazione di tutte le fasce muscolari che lo compongono, permettendo la loro completa estensione e flessione.

Calves are essential in keeping balance and proper posture – in fact, calves are in charge of any tiptoeing. Calf training must activate any muscle fibers on different planes of motion in full extension and flexion.

SEATED CALF

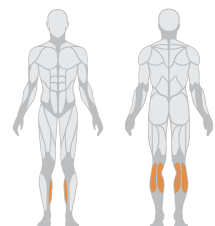
CALVES
1HP588

MAIN FEATURES

- ADJUSTABLE ROLLERS
- BIG HANDLE FOR THE EFFORTS



MUSCLES



MOVEMENT

1



DONKEY CALF

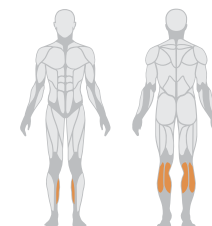
CALVES
1HP589

MAIN FEATURES

- ADJUSTABLE BACKREST
- COMFORTABLE HANDLE



MUSCLES



MOVEMENTS

1



2





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER

/ MULTIFUNCTIONAL

SMITH MACHINE LINEAR BEARINGS FULL SMITH MACHINE LINEAR BEARINGS BASE

I macchinari multifunzione sono attrezzi versatili che consentono lo svolgimento di numerosi esercizi in completa sicurezza. In particolare la Smith Machine Linear Bearings sollecita più distretti muscolari del tronco e delle gambe. Grazie alla speciale panca Fully Adjustable si possono inoltre effettuare tutti i tipi di distensioni su panca per l'allenamento delle spalle e pettorali trovando la perfetta posizione e memorizzandola grazie agli appositi numeri.

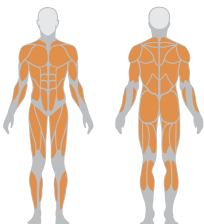
These versatile, multipurpose machines can be used to safely perform several exercises. Specifically, the Smith Machine Linear Bearings targets many muscle groups both in the upper and in the lower body. The Fully Adjustable bench allows you to do any variation of presses for shoulders and pectorals finding out the right position. Thanks to the numbers you can memorize the position.

SMITH MACHINE LINEAR BEARINGS BASE

- MULTIFUNCTIONAL
1HP120
- MAIN FEATURES
 - COUNTERBALANCED
 - OPTIONAL: FULLY ADJUSTABLE BENCH SPECIAL KIT (1HP201S)



MUSCLES



MOVEMENT

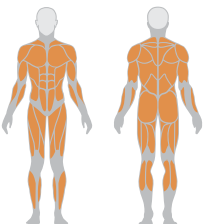


SMITH MACHINE LINEAR BEARINGS FULL

- MULTIFUNCTIONAL
1HP120F
- MAIN FEATURES
 - COUNTERBALANCED
 - INDEPENDENT FULLY ADJUSTABLE BENCH: 14 HEIGHT ADJUSTMENTS
 - SLIDING RAIL



MUSCLES



MOVEMENT





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER

/ GROUND POWER

HALF RACK FULL
HALF RACK BASE
JAMMER
COMBO TWIST
SQUAT LUNGE

Una serie di attrezzi finalizzati al potenziamento del gesto atletico particolarmente idonei alla preparazione di ogni categoria di atleti. Dotati di struttura eccezionalmente robusta e resistente alle più impegnative sollecitazioni, i Ground Power rappresentano lo stato dell'arte nell'allenamento funzionale a pesi liberi.

The Ground Power machines are devoted to the improvement of any kind of athlete in order to accomplish amazing athletic feats. These machines are incredibly sturdy even under the toughest use. The state-of-the-art free weight line for functional training.

HALF RACK FULL

GROUND POWER
1HP234

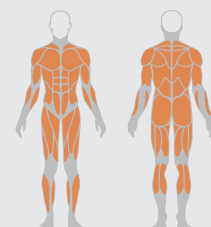


MAIN FEATURES

- A / INDEPENDENT FULLY ADJUSTABLE BENCH: 14 HEIGHT ADJUSTMENTS
- B / MULTICHINNING BARS
- C / 2 DIPS BARS
- D / ADJUSTABLE SAFETY HOLDERS
- E / 6 DOCKS FOR ELASTICS



MUSCLES



MAIN MOVEMENTS



HALF RACK BASE

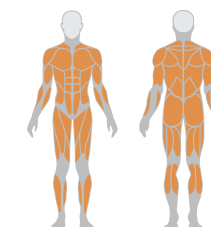
GROUND POWER
1HP234A

MAIN FEATURES

- MULTICHINNING BARS
- ADJUSTABLE SAFETY HOLDERS
- 6 DOCKS FOR ELASTICS
- OPTIONAL: 1HP201A FULLY ADJUSTABLE SPECIAL KIT - 2 DIPS BARS



MUSCLES



MAIN MOVEMENTS





DARIO SUBRIZI AND MAURIZIO ZAFFIRI
AQUILA RUGBY 1936 – ITALIAN SUPER 10

JAMMER

- GROUND POWER

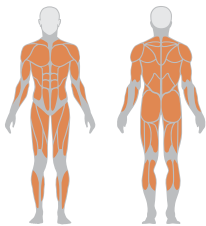
1HP534
- MAIN FEATURES

INDEPENDENT LEVERS

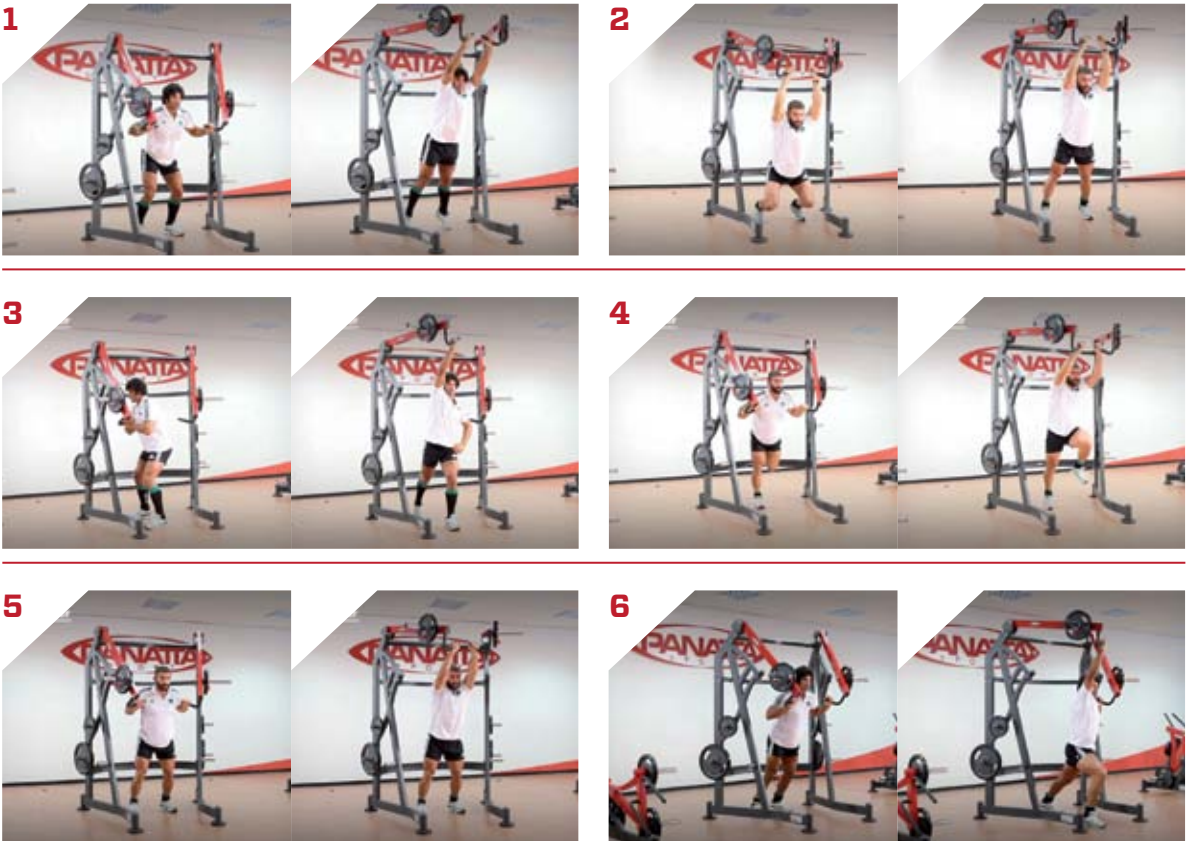
MULTIPLE SPIKES



MUSCLES



MAIN MOVEMENTS



SQUAT LUNGE

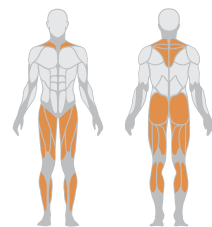
MULTIFUNCTIONAL
1HP590

MAIN FEATURES

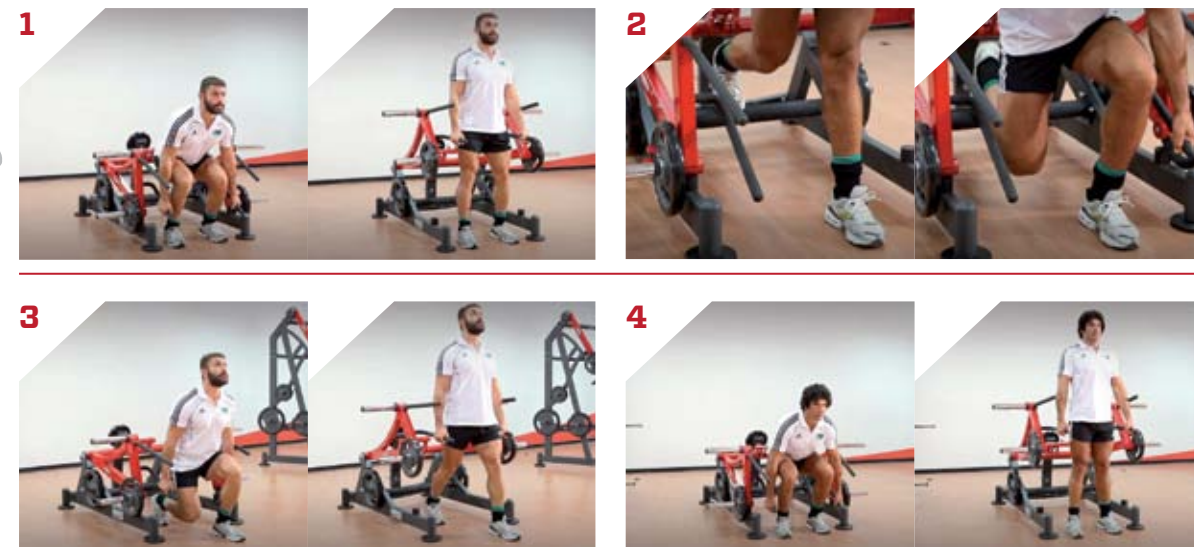
- INDEPENDENT LEVERS WITH SMART LOCKING SYSTEM
- MULTIPLE SPIKES
- MULTI HANDGRIPS



MUSCLES



MAIN MOVEMENTS



COMBO TWIST

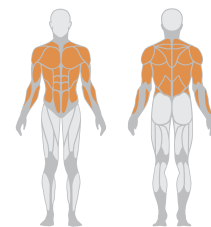
MULTIFUNCTIONAL
1HP506

MAIN FEATURES

- INDEPENDENT LEVERS
- MULTIPLE SPIKES
- DUAL WORKOUT POSITIONS



MUSCLES



MAIN MOVEMENTS





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER



/ BENCHES

POWER RACK
MULTIPURPOSE SIT UP BENCH
FULLY ADJUSTABLE BENCH
FULLY ADJUSTABLE BENCH SPECIAL KIT FOR 1HP120
FULLY ADJUSTABLE BENCH SPECIAL KIT FOR 1HP234A
POWER TOWER
DORSY BAR
OLYMPIC MULTI BENCH
OLYMPIC FLAT BENCH
OLYMPIC INCLINED BENCH
MULTIMOTION BENCH
OLYMPIC SHOULDER BENCH
TRICEPS BENCH
STANDING CURL BENCH
POWER PLATFORM

Una vasta gamma di panche garantisce l'allenamento libero in totale sicurezza. Dotate di regolazioni meccanizzate e sistemi di sicurezza avanzati, sono particolarmente efficaci nell'allenamento di tutto l'apparato muscolare. Molti attrezzi classici del fitness e bodybuilding sono rivisitati in chiave altamente tecnologica, nel pieno rispetto della biomeccanica articolare che storicamente contraddistingue i nostri attrezzi.

An exhaustive line of benches to safely train with free weights. These benches let you work out all of your muscles thanks to mechanical adjustments and advanced safety systems. Many standard fitness and bodybuilding pieces of equipment have been revamped with attention to the cutting-edge technology – but never neglecting the proper biomechanics of joints. That has always been the characteristic feature of our equipment in the history of Panatta Sport.

POWER RACK

BENCHES

1HP231

MAIN FEATURES

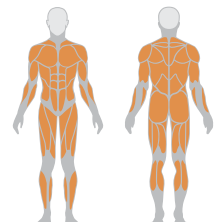
- ✓ SLIDING SUPPORT HOLDERS
- ✓ ADJUSTABLE SAFETY BARS
- ✓ MULTI POSITION



MUSCLES

MOVEMENT

1



MULTIPURPOSE SIT UP BENCH

BENCHES

1HP216

MAIN FEATURES

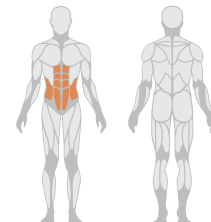
- ✓ ADJUSTABLE INCLINATION: 7 POSITIONS
- ✓ ANATOMIC ROLLERS
- ✓ HANDGRIP
- ✓ EASY MOVE SYSTEM



MUSCLES

MOVEMENT

1



FULLY ADJUSTABLE BENCH

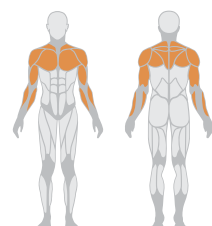
BENCHES
1HP201

MAIN FEATURES

- ADJUSTABLE INCLINATION: 14 POSITIONS
- ADJUSTABLE SEAT: 3 POSITIONS
- HANDGRIP
- EASY MOVE SYSTEM



MUSCLES



76

FULLY ADJUSTABLE BENCH SPECIAL KIT FOR 1HP120 AND 1HP234A

BENCHES
1HP201A
1HP201S

MAIN FEATURES

- ADJUSTABLE INCLINATION: 14 POSITIONS
- ADJUSTABLE SEAT: 3 POSITIONS
- HANDGRIP
- EASY MOVE SYSTEM
- RAIL FOR SLIDING

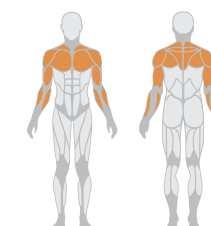


1HP201S - SPECIAL KIT FOR 1HP120



1HP201A - SPECIAL KIT FOR 1HP234A

MUSCLES



77

POWER TOWER

BENCHES

1HP233

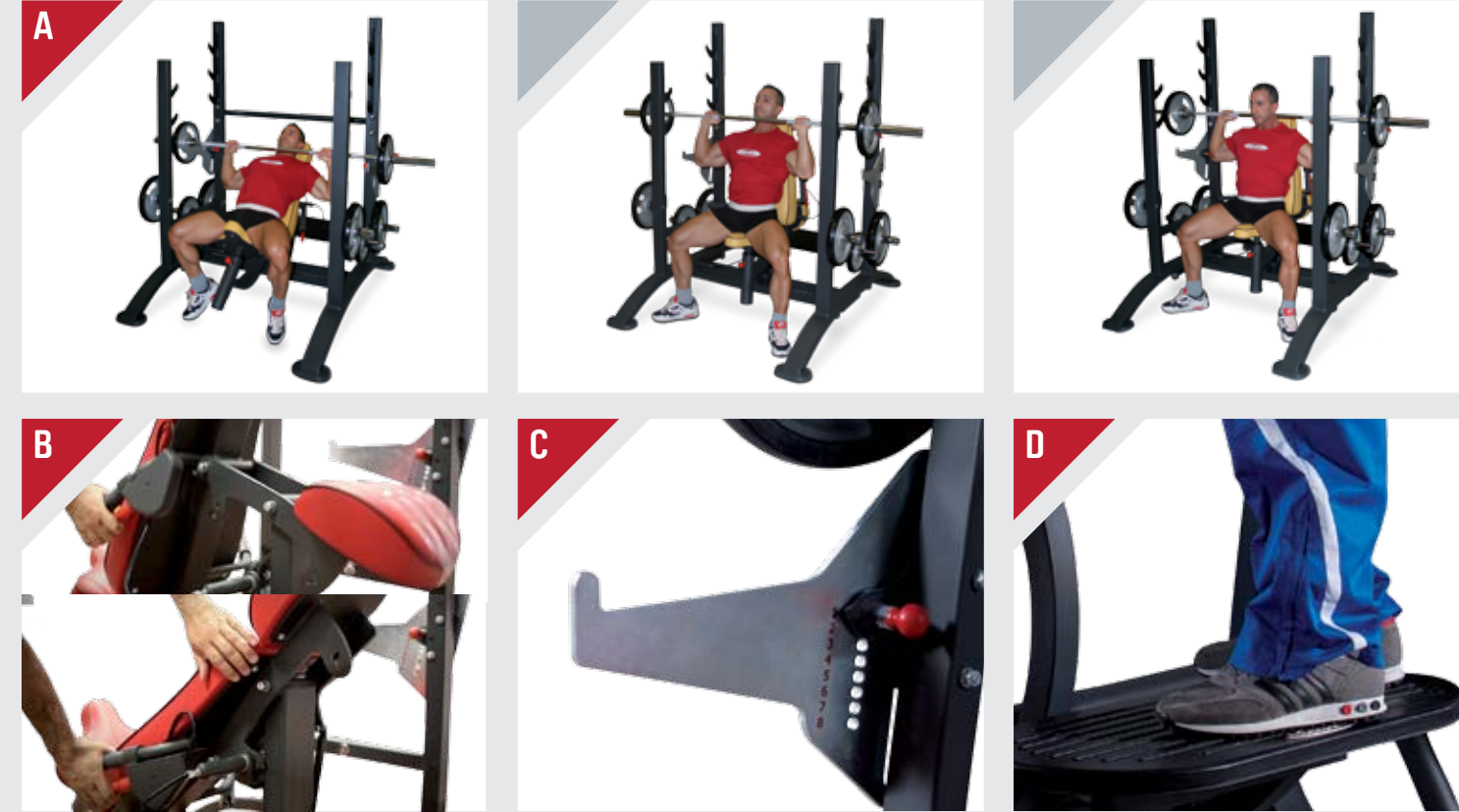
MAIN FEATURES

- ✓ A / 3 MACHINES IN ONE
- ✓ B / PULL&STAND SYSTEM
- ✓ C / ADJUSTABLE SAFETY HOLDERS
- ✓ D / SPOTTER FOOTREST

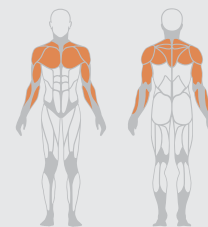


3 MACHINES IN ONE

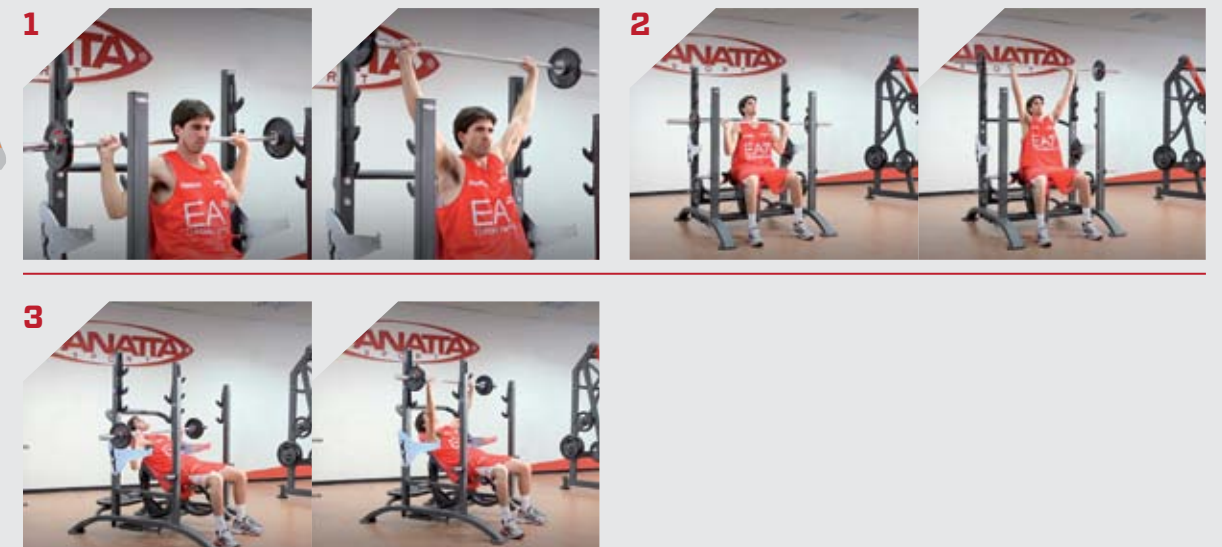
INCLINED CHEST PRESS / PRESS BEHIND THE NECK / SEATED PUSH PRESS



MUSCLES



MOVEMENTS



DORSY BAR

BENCHES
1HP505

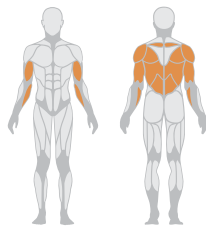
MAIN FEATURES

- MULTIPLE HANDGRIPS
- FOOTBOARD AT 9°
- STEEL PLATFORM (OPTIONAL)



MUSCLES

MOVEMENTS

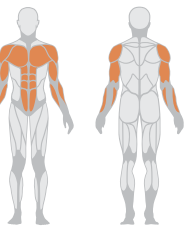


OLYMPIC MULTI BENCH

BENCHES
1HP206

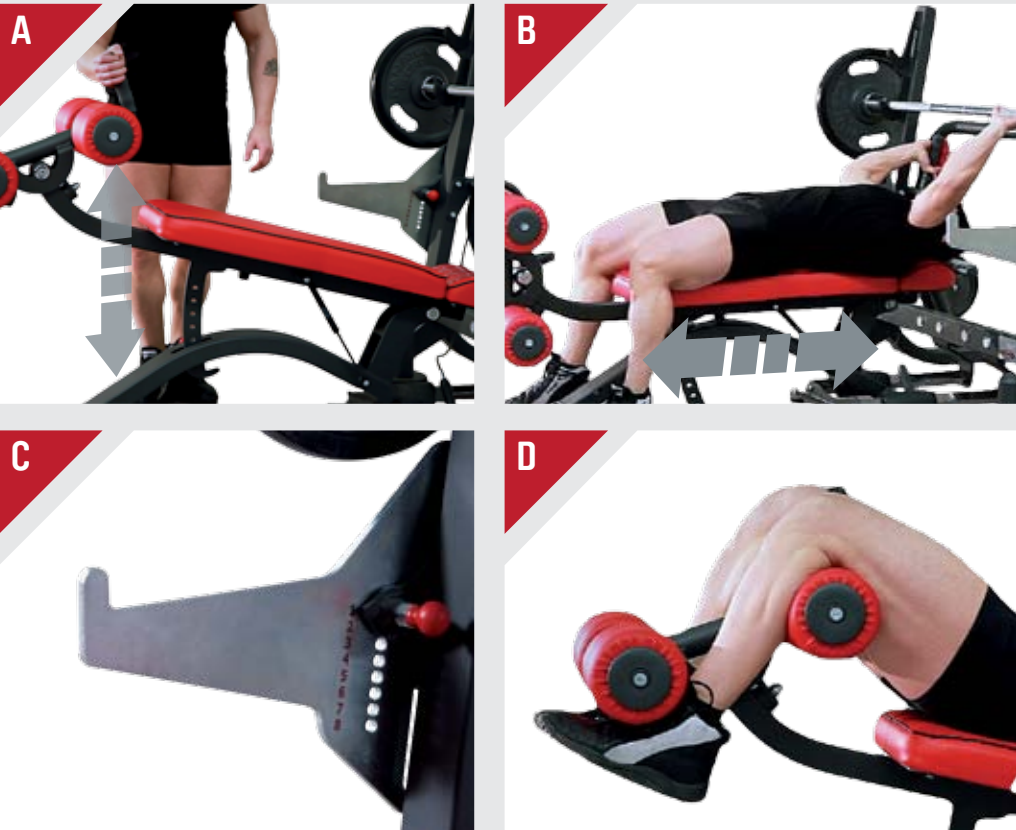
MUSCLES

MOVEMENTS



MAIN FEATURES

- A / ADJUSTABLE INCLINATION GAS ASSISTED: 6 POSITIONS FROM 0° TO -30°
- B / RAIL FOR SLIDING
- C / ADJUSTABLE SAFETY HOLDERS
- D / ANATOMIC RETRACTABLE ROLLERS





KETA D'ARCANDELO - 2ST PLACE AT THE ITALIAN CHAMPIONSHIP NBFI NATURAL BODYBUILDING & FITNESS ITALY 2011, CATEGORY: WOMEN FITNESS

OLYMPIC FLAT BENCH

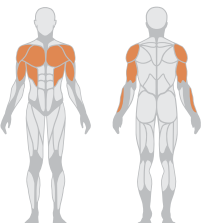
BENCHES
1HP203

MAIN FEATURES

- ▶ TIP-UP FOOTRESTS
- ▶ ADJUSTABLE SAFETY HOLDERS



MUSCLES



MOVEMENT

1



84

OLYMPIC INCLINED BENCH

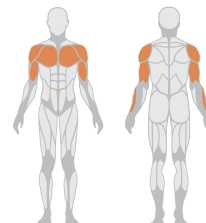
BENCHES
1HP205

MAIN FEATURES

- ▶ ADJUSTABLE SITTING GAS ASSISTED
- ▶ EASY ENTRY LEVER: PENDULUM BARBELL HOLDERS
- ▶ SPOTTER FOOTREST



MUSCLES



MOVEMENT

1



85

MULTIMOTION BENCH

BENCHES

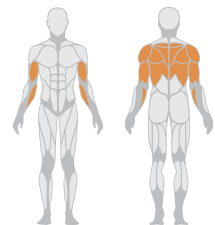
1HP217

MAIN FEATURES

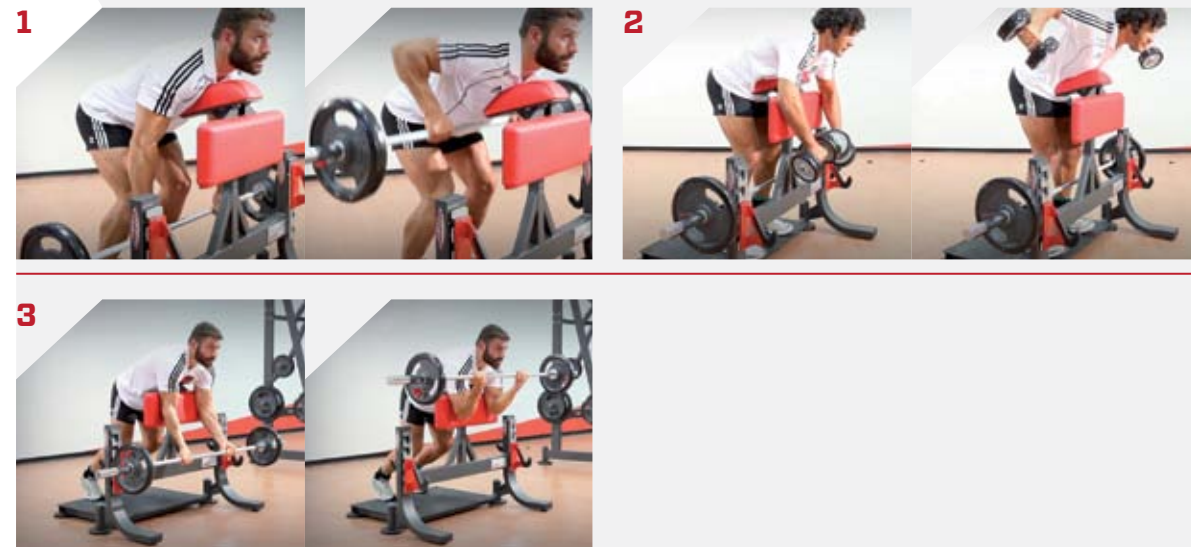
- ✓ DUAL WORKOUT POSITION
- ✓ COMFORTABLE GRIP PLATFORM
- ✓ ADJUSTABLE BARBELL HOLDERS



MUSCLES



MAIN MOVEMENTS



OLYMPIC SHOULDER BENCH

BENCHES

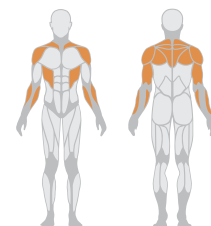
1HP207

MAIN FEATURES

- ✓ ADJUSTABLE SITTING GAS ASSISTED
- ✓ EASY ENTRY LEVER: PENDULUM BARBELL HOLDERS
- ✓ SPOTTER FOOTREST



MUSCLES



MOVEMENT



TRICEPS BENCH

BENCHES

1HP214

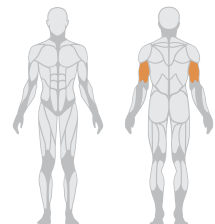
MAIN FEATURES

- ✓ EASY ENTRY LEVER: PENDULUM BARBELL HOLDERS
- ✓ ANATOMIC SHOULDERS REST



MUSCLES

MOVEMENT



1



STANDING CURL BENCH

BENCHES

1HP215

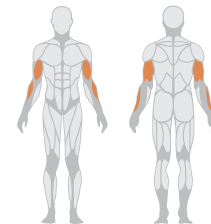
MAIN FEATURES

- ✓ DUAL WORKOUT POSITION: INCLINED AND VERTICAL
- ✓ COMFORTABLE PADDING



MUSCLES

MOVEMENTS



1



POWER PLATFORM

BENCHES
1HP232

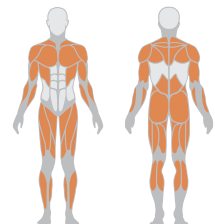
MAIN FEATURES

- ✓ MULTI POSITION
- ✓ ADJUSTABLE BARBELL HOLDERS
- ✓ ADJUSTABLE SAFETY BARS
- ✓ COMFORTABLE GRIP PLATFORM



MUSCLES

MOVEMENT



1



FREEWEIGHT®

HIGH PERFORMANCE

IT WORKS BETTER

/ ACCESSORIES

**BARBELLS
DUMBBELLS
RACKS
FOOTREST / PLATFORM
EDUCATIONAL KIT**

Gli Accessori della forza completano i macchinari e le panche Free Weight. Efficaci, compatti e semplici da utilizzare.

Strength training accessories are a valuable complement to Free Weights equipment and benches. These accessories are practical, solid and user-friendly.

/ ACCESSORIES

Barbells

OLYMPIC STANDARD BARBELL

1BC56



DIMENSIONS

Diameter	50 mm	Distance	133 cm
Lenght	220 cm	Weight	25 kg

CURL BAR

1BC74



DIMENSIONS

Diameter	25/28 mm	Distance	81 cm
Lenght	120 cm	Weight	7 kg
Diameter	50 mm	Distance	81 cm
Lenght	120 cm	Weight	9 kg

BARBELLS

1BC65 - 67 - 68



	Lenght	Diameter	Weight	Distance
1BC65	150 cm	50 mm	14 kg	101 cm
		25/28 mm	7 kg	88 cm
1BC67	200 cm	50 mm	17 kg	135 cm
		25/28 mm	9,5 kg	126 cm
1BC68	220 cm	50 mm	20 kg	131 cm
		25/28 mm	9 kg	137 cm

FREE DUMBBELLS BAR

1BC75



DIMENSIONS

Diameter	25/28 mm	Distance	13 cm
Lenght	36 cm	Weight	4 kg
Diameter	50 mm	Distance	11,5 cm
Lenght	50 cm	Weight	9 kg

Dumbbells / Plates

DUMBBELLS FULL



DUMBBELLS BASE



	FULL	BASE
1MF2-1MF10 / 1MB2-1MB10 2-10 kg rubberised version with 1 kg increases	●	●
1MF2-1MF10 / 1MB2-1MB10 12-60 kg rubberised version with 2 kg increases	●	●
Ergonomic handle with independent rotation of 360°	●	●
High resistance Cover (internal and external)	red, graphite	
Frame Colors	white, graphite, glossy silver, red	

WEIGHT PLATES

plates 1 / 2 / 5 kg



plates above 10 kg



THE RANGE

26/29 mm diam. holes available in 0,5 (not rubberised), 1, 2, 5,10,15, 20 kg versions;

51 mm diam. holes available in 0,5 (not rubberised), 1, 2, 5, 10, 15, 20, and 45 kg versions;

Practical handgrips for plates above 10 kg.

Available in rubberised (1DG1:1DG45) and not rubberised (1DN05:1DNi45) versions.

Colors available: white, graphite, glossy silver.

/ ACCESSORIES

Racks

DUMBBELL RACK

1FE250



	Width	Lenght	Height	Weight	
1FE250	229 cm	90 cm	79 cm	115 kg	rubberised
1FE248	229 cm	90 cm	79 cm	70 kg	non rubb.
1FE251	110 cm	88 cm	77 cm	75 kg	rubberised
1FE249	110 cm	88 cm	77 cm	52 kg	non rubb.

BARBELL RACK

1FE253



DIMENSIONS			
Width	82 cm	Height	148 cm
Lenght	84 cm	Weight	50 kg

DISK RACK

1FE252



DIMENSIONS			
Width	64 cm	Height	88 cm
Lenght	95 cm	Weight	26 kg

BARBELL RACK DOUBLE SIDED

1FE254



DIMENSIONS			
Width	82 cm	Height	175 cm
Lenght	120 cm	Weight	80 kg

/ OPTIONAL

Footrest / Steel Platform

FOOTREST

OPTIONAL FOR: 1HP501 / 1HP503 / 1HP525 / 1HP535 / 1HP536



DIMENSIONS			
Width	88 cm	Lenght	52 cm

STEEL PLATFORM

OPTIONAL FOR: 1HP505 / 1HP583 / 1HP584 / 1HP586 / 1HP587



DIMENSIONS			
Width	82 cm	Lenght	52 cm

/ EDUCATIONAL KIT

PT book + DVD: 1HP401

PT BOOK

personal training excercises store

150 pages

1200 pictures

80 drawings

INTERACTIVE DVD

video of all machines and benches

weight machines and benches





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER

EXCLUSIVE SILVER PADDING
GRAPHITE FRAME
GRAPHITE MOVING PARTS





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER

EXCLUSIVE BLACK PADDING
GRAPHITE FRAME
YELLOW MOVING PARTS





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER

“Atelier Panatta Sport realizza
il tuo sogno di avere un prodotto
esclusivo per distinguerti dagli altri.”
“Atelier Panatta Sport realize
your dream to get an exclusive
product and distinguish yourself.”

DESIGNED AND **MADE IN ITALY**

/ ATELIER PANATTA SPORT

Tailor-made for you

**ESCLUSIVITÀ, PERSONALITÀ
LAVORO ARTIGIANALE,
MADE IN ITALY.**

*Atelier Panatta Sport:
scegliete il vostro modo
di essere unici con oltre
2000 combinazioni colore.*

**EXCLUSIVITY, PERSONALITY
ARTISANAL HANDICRAFT,
MADE IN ITALY.**

*Choose how to embrace
your uniqueness with
more than 2,000 colour
palettes.*

/ FRAMES AND MOVING PARTS

6 colors

GLOSSY BLACK
RED
WHITE
GLOSSY SILVER
YELLOW
GRAPHITE



/ PADDINGS

15 colors, 4 textures

EXCLUSIVE

*Custom padding
Black internal stitching
Optional: customized stitching color
Black lateral border*

PRESTIGE

*Custom padding
Double white stitching
Optional: customized stitching color*

RACING

Custom 2 color padding

STANDARD

Custom padding



Personalizzazione possibile
per le versioni: Prestige,
Racing e Standard.

*Customization feasible
for Prestige, Racing and
Standard textures.*

/ YOUR PERSONAL PADDING

Possibility of customizing padding with your logo





FREEWEIGHT®
HIGH PERFORMANCE
IT WORKS BETTER

STANDARD TAIGA PADDING
GLOSSY SILVER FRAME
GLOSSY SILVER MOVING PARTS





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EXCLUSIVE CASHMERE PADDING
GLOSSY SILVER FRAME
GLOSSY SILVER MOVING PARTS





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/ TECHNICAL DATA

MUSCLE GROUP	CODE	DESCRIPTION	LENGHT cm	WIDTH cm	HEIGHT cm		WEIGHT kg	TOTAL MAX LOAD kg	SPIKE'S DIAMETER* mm	ACCESSORIES OPTIONAL	BICOLORED FRAME OPTIONAL
pectorals	1HP536	VERTICAL CHEST PRESS	130	200	145		140	220	25 - 28 - 50	-	●
pectorals	1HP535	INCLINED CHEST PRESS	180	150	180		195	220	25 - 28 - 50	footrest	●
pectorals	1HP537	SUPER HORIZONTAL BENCH PRESS	210	140	130		145	220	25 - 28 - 50	footrest	●
pectorals	1HP538	INCLINED FLIGHT MACHINE	200	165	140		125	220	25 - 28 - 50	-	●
pectorals/triceps	1HP540	DIPS PRESS DUAL SYSTEM	170	153	105		166	310	25 - 28 - 50	-	●
latissimus dorsi	1HP502	LOW ROW	155	135	195		140	220	25 - 28 - 50	-	●
latissimus dorsi	1HP504	SUPER ROWING	140	130	120		130	220	25 - 28 - 50	-	●
back	1HP501	LAT MACHINE CONVERGENT	180	130	190		160	220	25 - 28 - 50	footrest	●
back	1HP503	HIGH ROW	180	130	190		160	220	25 - 28 - 50	footrest	●
shoulder	1HP525	DELTOID PRESS	180	160	190		185	220	25 - 28 - 50	footrest	●
shoulder	1HP526	BACK DELTOID	160	140	165		145	220	25 - 28 - 50	-	●
triceps	1HP552	TRICEPS MACHINE	170	150	150		145	220	25 - 28 - 50	-	●
biceps	1HP551	CURLING MACHINE	120	150	130		140	220	25 - 28 - 50	-	●
abdominals	1HP565	ABDOMINAL CRUNCH	140	120	155		110	110	25 - 28 - 50	-	●
quadriceps	1HP583	LEG PRESS BRIDGE	240	180	160		260	450	25 - 28 - 50	steel platform	●
quadriceps	1HP586	LEG PRESS 45°	230	160	155		260	670	25 - 28 - 50	steel platform	●
quadriceps	1HP584	POWER SQUAT	210	135	200		215	310	25 - 28 - 50	steel platform	●
quadriceps	1HP587	HACK SQUAT	230	130	155		240	310	25 - 28 - 50	steel platform	●
quadriceps	1HP581	LEG EXTENSION	180	150	130		170	220	25 - 28 - 50	-	●
hamstrings	1HP582	LEG CURLING	180	150	120		150	220	25 - 28 - 50	-	●
calves	1HP588	SEATED CALF	110	135	100		85	135	25 - 28 - 50	-	●
calves	1HP589	DONKEY CALF	193	150	145		145	310	25 - 28 - 50	-	●

* The 50 mm spikes are in black nylon

MUSCLE GROUP	CODE	DESCRIPTION	LENGHT cm	WIDTH cm	HEIGHT cm		WEIGHT kg	TOTAL MAX LOAD kg	SPIKE'S DIAMETER* mm	ACCESSORIES OPTIONAL	BICOLORED FRAME OPTIONAL
multifunctional	1HP234	HALF RACK FULL	159	168	230		266	400	25 - 28 - 50	-	●
multifunctional	1HP234A	HALF RACK BASE	168	159	230		226	400	25 - 28 - 50	dips bars, 1HP201S fully adjustable bench special kit	●
multifunctional	1HP534	JAMMER	183	166	224		177	310	25 - 28 - 50	-	●
multifunctional	1HP506	COMBO TWIST	147	174	132		136	620	25 - 28 - 50	-	●
multifunctional	1HP590	SQUAT LUNGE	172	153	76		153	620	25 - 28 - 50	-	●
multifunctional	1HP120F	SMITH MACHINE LINEAR BEARINGS FULL	175	199	230		281	310	25 - 28 - 50	-	●
multifunctional	1HP120	SMITH MACHINE LINEAR BEARINGS BASE	175	199	230		201	310	25 - 28 - 50	1HP201A fully adjustable bench special kit	●
benches	1HP231	POWER RACK	181	146	210		160	-	25 - 28 - 50	-	●
benches	1HP216	MULTIPOURPOSE SIT UP BENCH	150	79	60		65	-	-	-	-
benches	1HP201	FULLY ADJUSTABLE BENCH	142	79	46		55	-	-	-	-
benches	1HP201S	FULLY ADJUSTABLE BENCH (SPECIAL KIT FOR 1HP120)	150	112	47		80	-	-	-	-
benches	1HP201A	FULLY ADJUSTABLE BENCH (SPECIAL KIT FOR 1HP234A)	140	76	47		70	-	-	-	-
benches	1HP233	POWER TOWER	167	154	183		181	-	25 - 28 - 50	-	-
benches	1HP505	DORSY BAR	170	110	55		95	155	25 - 28 - 50	steel platform	●
benches	1HP206	OLYMPIC MULTI BENCH	140	200	100		148	-	25 - 28 - 50	-	-
benches	1HP203	OLYMPIC FLAT BENCH	180	160	140		112	-	25 - 28 - 50	-	-
benches	1HP205	OLYMPIC INCLINED BENCH	180	160	170		164	-	25 - 28 - 50	-	-
benches	1HP217	MULTIMOTION BENCH	123	129	117		105	-	-	-	●
benches	1HP207	OLYMPIC SHOULDER BENCH	160	160	180		152	-	25 - 28 - 50	-	-
benches	1HP214	TRICEPS BENCH	200	130	120		110	-	25 - 28 - 50	-	-
benches	1HP215	STANDING CURL BENCH	113	80	104		54	-	25 - 28 - 50	-	-
benches	1HP232	POWER PLATFORM	128	112	134		95	-	-	-	●

* The 50 mm spikes are in black nylon



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MAIN SPONSOR



TECHNICAL SUPPLIER



L'AQUILA RUGBY 1936



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The accessories (dumbbells, discs and barbells) are always placed as decorum therefore not included in the machine.

graphic design: tonidigrigio.it - photos: maurizioparadisi.it - print: errebi

/ PERSONAL COLORS

More than 2000 color palettes

Endless customization and personalization

/ COLOR PALETTES

1	2	3	4
FRAMES	MOVING PARTS OPTIONAL	PADDINGS	CUSTOMIZATION OPTIONAL
6 COLORS	6 COLORS	4 TEXTURES / 15 COLORS	PADDINGS WITH LOGO
GLOSSY BLACK	GLOSSY BLACK	EXCLUSIVE	<i>not available</i>
GRAPHITE	GRAPHITE	PRESTIGE	●
GLOSSY SILVER	GLOSSY SILVER	RACING	●
WHITE	WHITE	STANDARD	●
RED	RED		
YELLOW	YELLOW		



FRAMES AND MOVING PARTS



PADDINGS

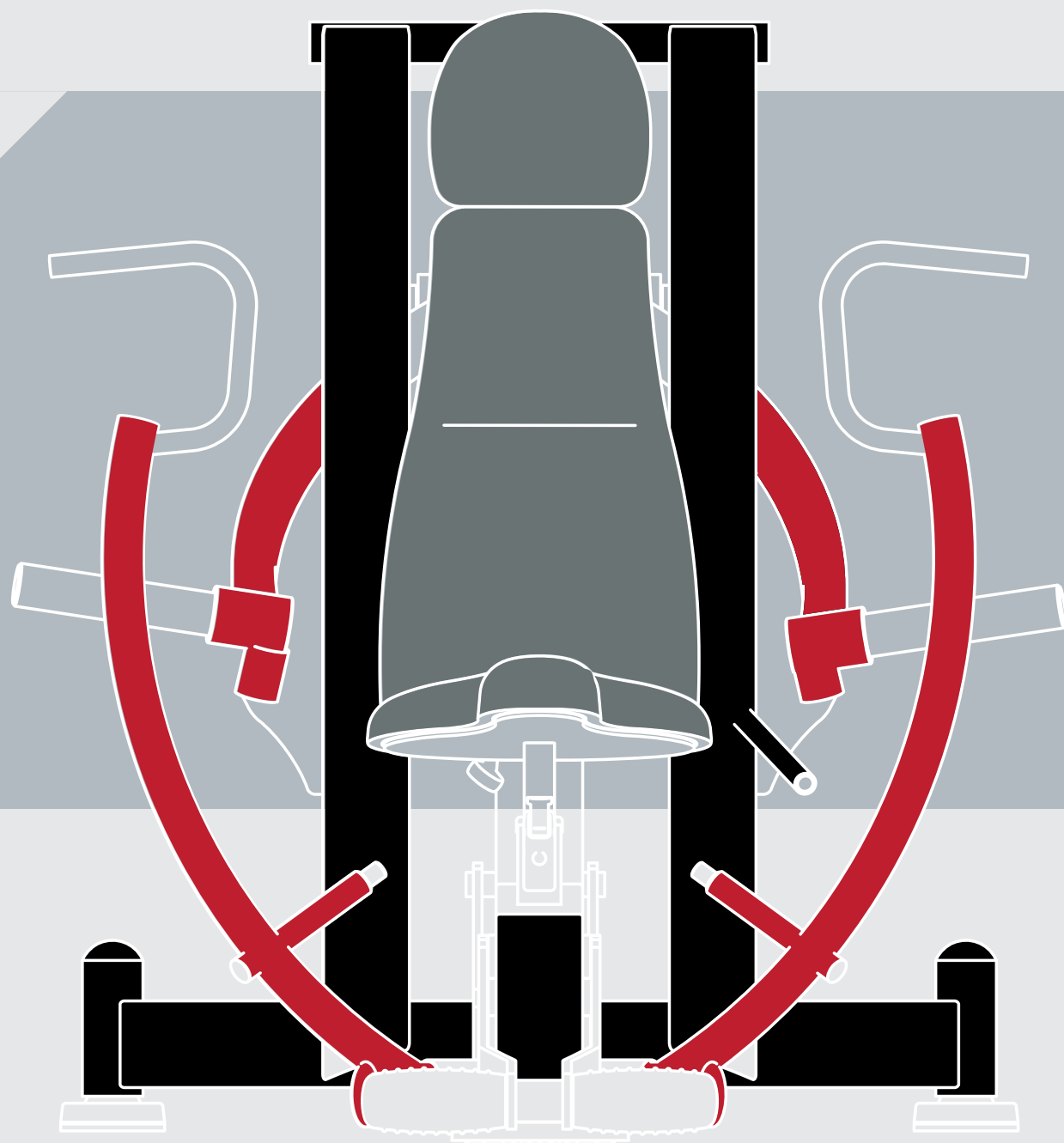




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