

## BMW Series STRENGTH

### Ratcheting Range-of-motion Adjustments

The intuitive design makes it easy for users to get the workout they want.

### Foot Pegs and Contoured Knee Pads

Users appreciate the stability and support provided by these features.

### Reclined Position

Greater lumbar support and comfort are the results of the design.



#### FRAME AND CABLES

Frame Finish	Proprietary two-coat powder process
Cable Transmission	Internally lubricated cables and fittings
Machine Anchoring	Independent machine hold-down bracket

#### WEIGHT STACK

Weight-stack Guarding	Full front and rear shields
Total Stack Weight	80 kg / 176 lbs.
Weight-plate Increments	4.5 kg / 10 lbs.

#### USER AMENITIES

Front Placards	Muscle call-outs, machine-specific stretching, start and finish exercise illustrations, proper machine adjustment and adjustment point call-outs
Rear Placards	Color-coded machine identification
Action Specific Grips	Yes
Personal Storage	Dual-size bottle holder, tactile storage mat and towel holder
Contoured Seating	Yes
Rep Counter	Electronic counter displays reps, exercise time and rest time

#### ADJUSTMENTS

Color-coded Pivots and Points of Adjustment	Yes
Machine-assisted User Adjustment	Spring-assisted back pad

#### TECH SPECS

Product Dimensions (L x W x H)	76 x 165 x 150 cm
Weight	202 kg / 444 lbs.
Usage Tracking	Monitors total repetitions and hours of use
Rep Counter Power Supply	2 AA batteries
Rep Counter Battery Life	Approximately 3 years

#### Incremental Weights

Incremental weights are easily accessible from the seated position. Numeric selection allows users easy reference for future use.

#### Electronic Rep Counter

Integrated system tracks repetitions, activity time and rest time for a simplified workout experience.

#### Exercise Placards

Conveniently located and easy-to-read exercise placards offer a quick reference to targeted muscle groups and proper machine use. Placards offer color references to easily identify muscle-group categories.

#### Action Specific Grips

Ergonomically designed, function-specific handles reduce stress on contact points to enhance user comfort.

#### Frame Color



Silver

Black

#### Cushion Color



ZD 02

ZD 03

ZD 15