

GRAND CENTRAL

A Multi-station Fitness Hub



THE GRAND CENTRAL Multi-station is a fitness revolution designed to provide a comprehensive workout in one compact package. This modular marvel offers multiple exercise stations, saving valuable floor space while accommodating up to four users simultaneously, making it ideal for any commercial or residential use.

Special Features

■ Customizable Configuration

Grand Central allows you to choose between a three-station or four-station setup. The leg press & hack squat station is optional, giving you the flexibility to tailor this fitness hub to your specific needs.

■ Compact Design

Its modular design conserves space without compromising on functionality, making it perfect for settings with limited room.

User-Friendly Exercise Chart: An exercise chart provides clear guidance on proper form and details for each station.

■ Enhanced Safety

Comes equipped with 200lbs weight stacks and full-length steel weight shrouds for user safety.

■ Standard 200lbs Weight Stack

Each station features a standard 200lbs weight stack.

GRAND CENTRAL redefines your fitness experience, combining versatility, efficiency, and safety for an all-in-one workout solution.

GRAND CENTRAL IN FOUR STATIONS

LEG PRESS IS OPTIONAL



GRAND CENTRAL IN THREE STATIONS

WITHOUT LEG PRESS



UPPER BODY 1

Multi Chest & Shoulder

This machine primarily focuses on upper body training through pressing exercises, including arm workouts.

Adjustable lever arm starting position:

Allows for various selections based on horizontal presses, incline presses, and seated shoulder presses. When used with the lower dual pulleys for training, the lever arm can be retracted.

Independent head pad:

Provides better head support.

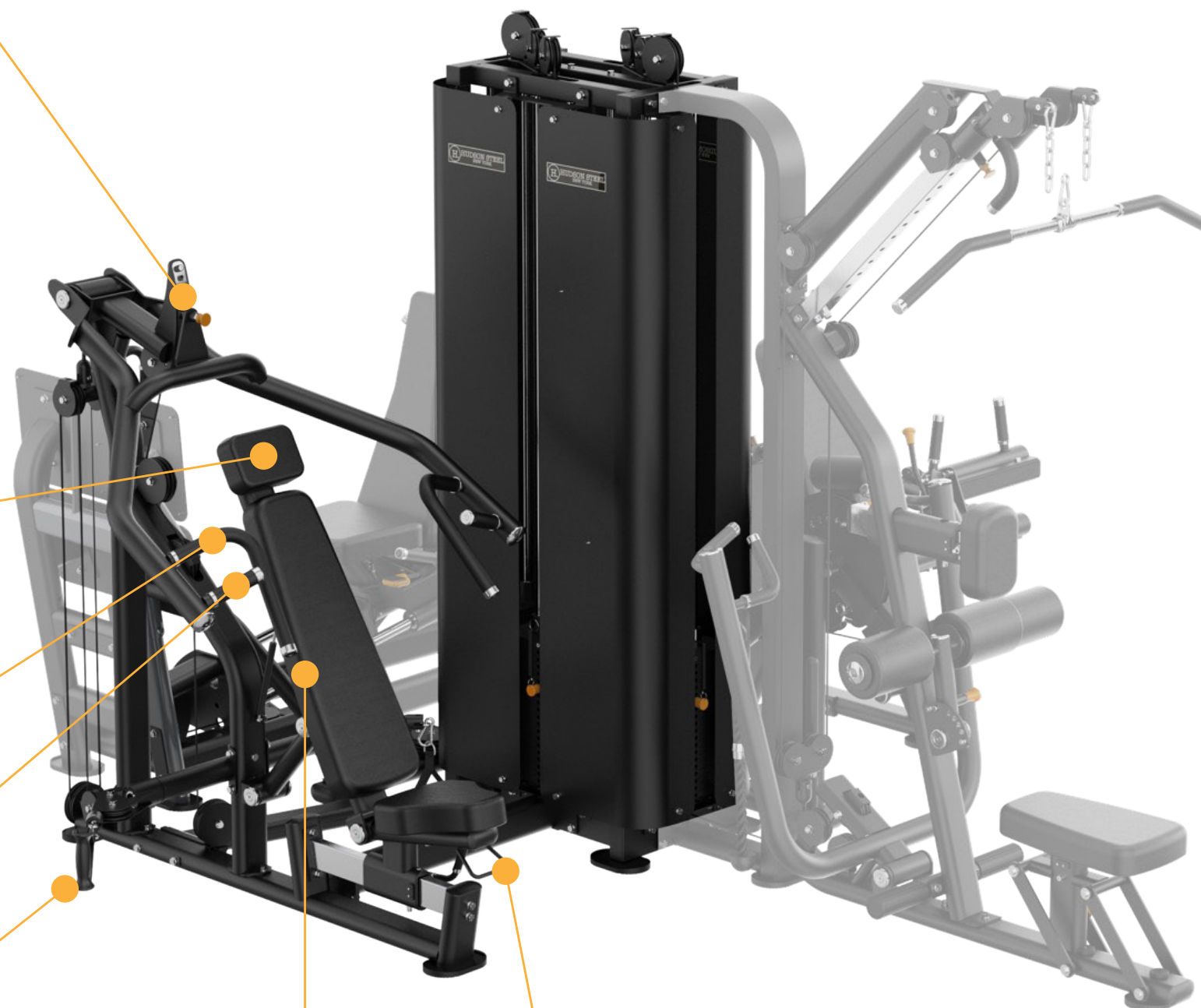
Shoulder press handles.

Chest press handles:

good for bench press and incline chest presses.

Dual pulleys:

Paired with handles on both sides, they enable chest squeezing and bicep curls.



Neutral grip handles:

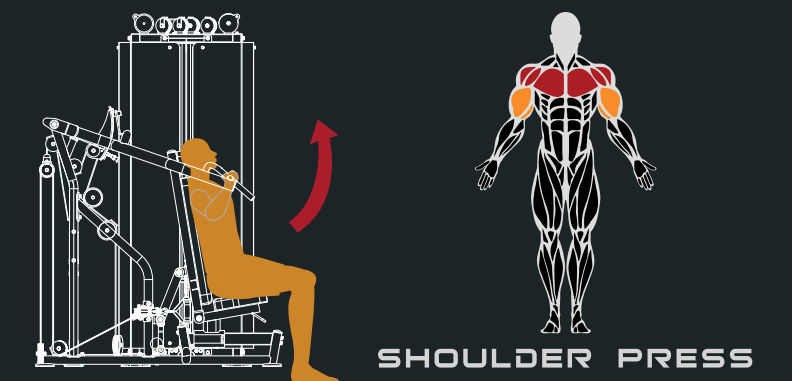
For shoulder presses, they are useful for anterior deltoid training; for chest presses, they target the inner chest and triceps.

Seat angle adjustment:

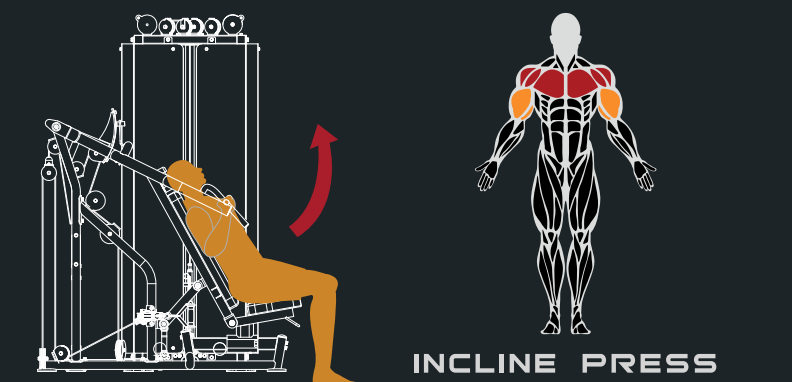
Three different angles - flat, incline, and seated - good for chest, upper chest, shoulder, and arm training. Equipped with an adjustable handle for smooth and easy operation.

GRAND CENTRAL

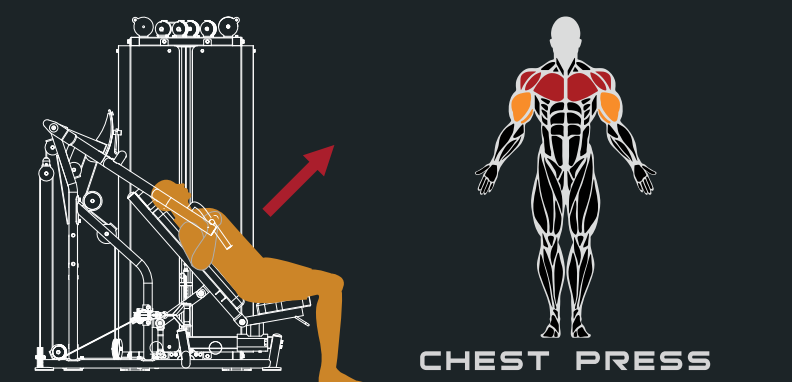
Multi Chest & Shoulder



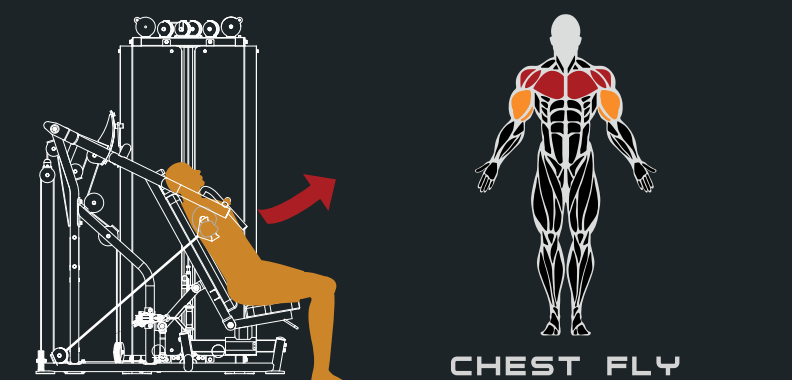
SHOULDER PRESS



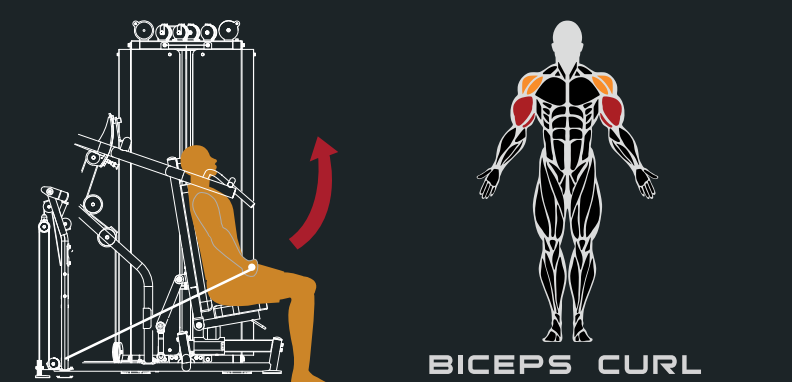
INCLINE PRESS



CHEST PRESS



CHEST FLY

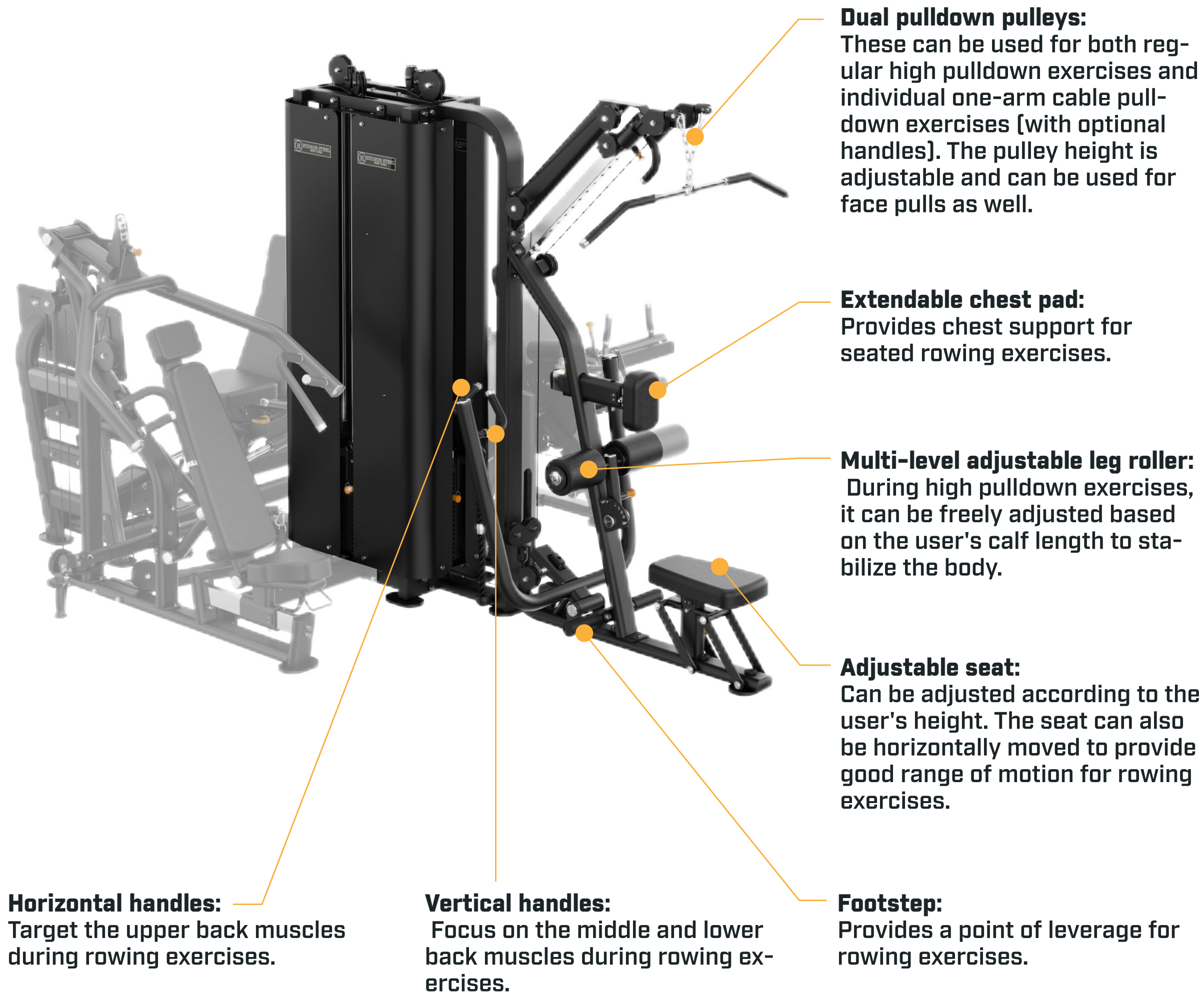


BICEPS CURL

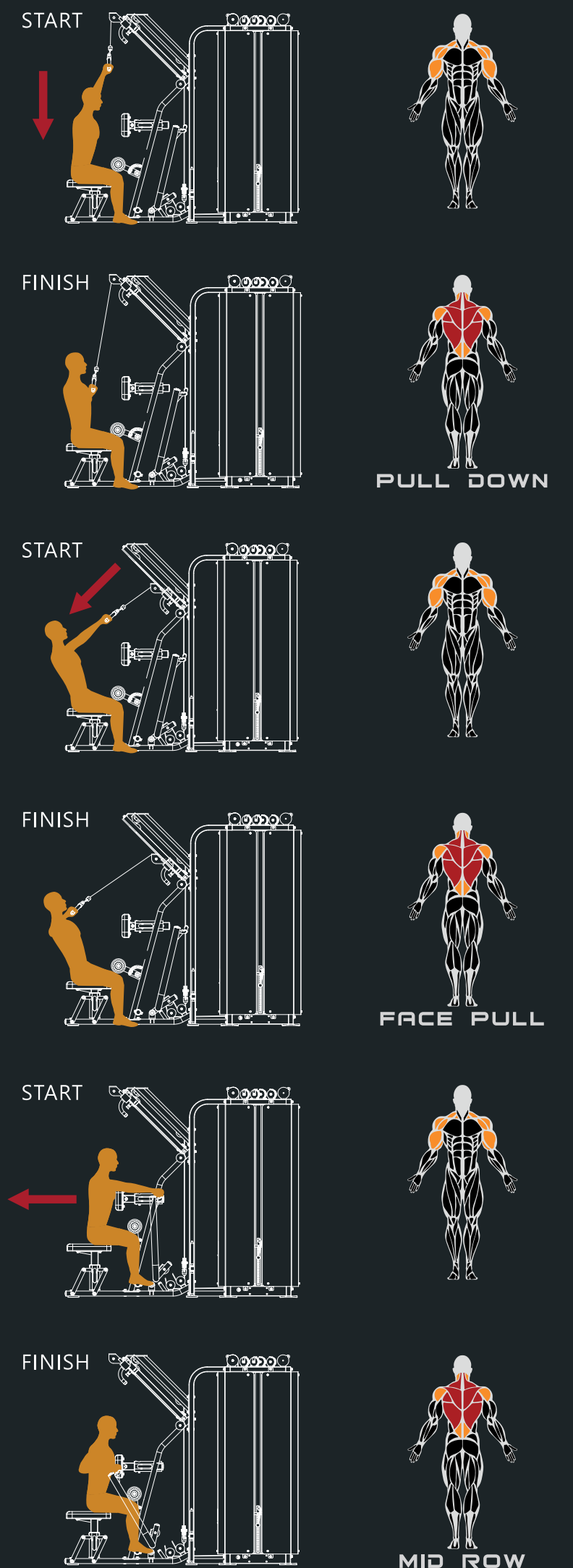
UPPER BODY 2

Multi Pulldown & Row

This machine is designed for upper body back training, consisting of pulldown and row exercises.



GRAND CENTRAL Multi Pulldown & Row



LOWER BODY 1

Leg Extension & Curl

Isolated lower body exercises targeting specific muscle groups.

Start position adjustment:

Switch between leg extension and leg curl functions. Also adjustable for users with different flexibility.

Thigh pad:

Offers support during leg curl exercises, with a slight pivot design that adapts to the legs during movement.

Pad handles:

Provide stability during leg curl exercises to prevent the back from leaving the pad.

Segmented seat pad:

The front independent seat pad reduces replacement costs, and its slight elevation at the front provides effective support for the posterior part of the legs during leg extension exercises.

Lever length adjustment:

Accommodates users of varying heights.

Seat pad handles:

Ensure stability during leg extension exercises, preventing the body from lifting off the seat.

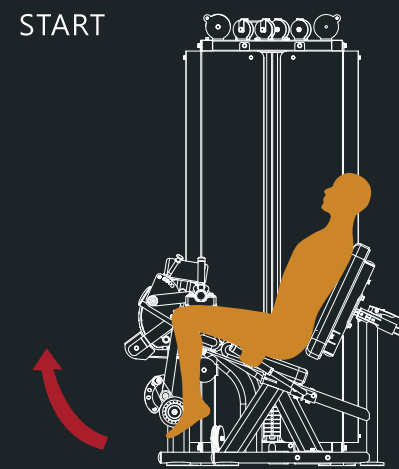
Back pad adjustment:

Suits users of different heights.

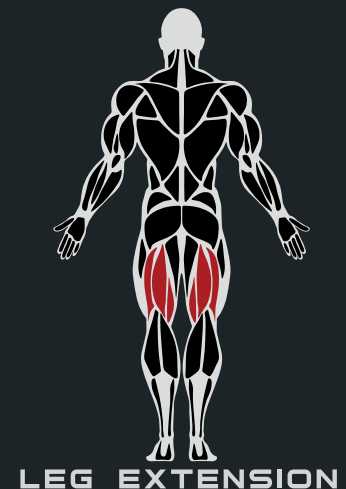
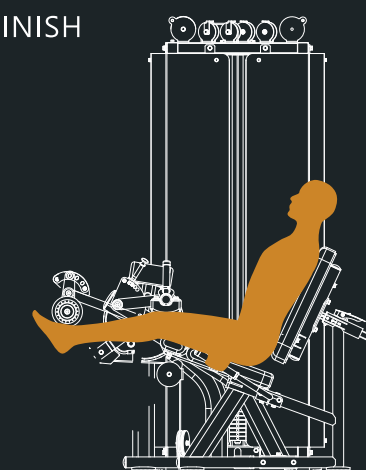


GRAND CENTRAL Leg Extension & Curl

START



FINISH

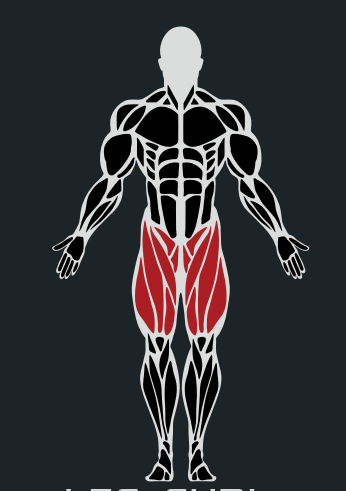
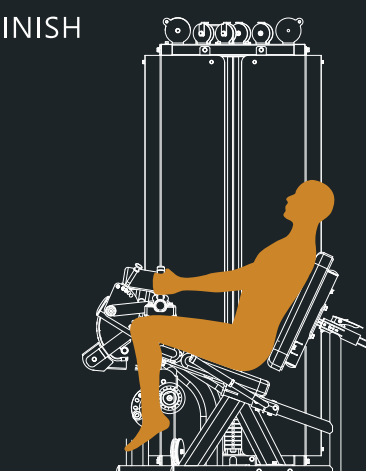


LEG EXTENSION

START



FINISH



LEG CURL

LOWER BODY 2 OPTIONAL Leg Press & Hack Squat

This machine offers compound movements for lower body training, engaging multiple muscle groups in the lower extremities.

Multi-position seat angle adjustment:
Allows for a variety of angles between a supine and seated position.

Shoulder pad handles:
Provide stability during hack squat exercises.

Multi-level shoulder pad adjustment:
Accommodates users of different heights.

Thickened shoulder pad:
Reduces pressure on the shoulders during hack squats, ensuring greater comfort.

Seat handles:
Provide stability during seated exercises.

Multi-level start position adjustment:
Suits users with varying flexibility.

Pedal handles:
Aid in getting on and off the equipment.

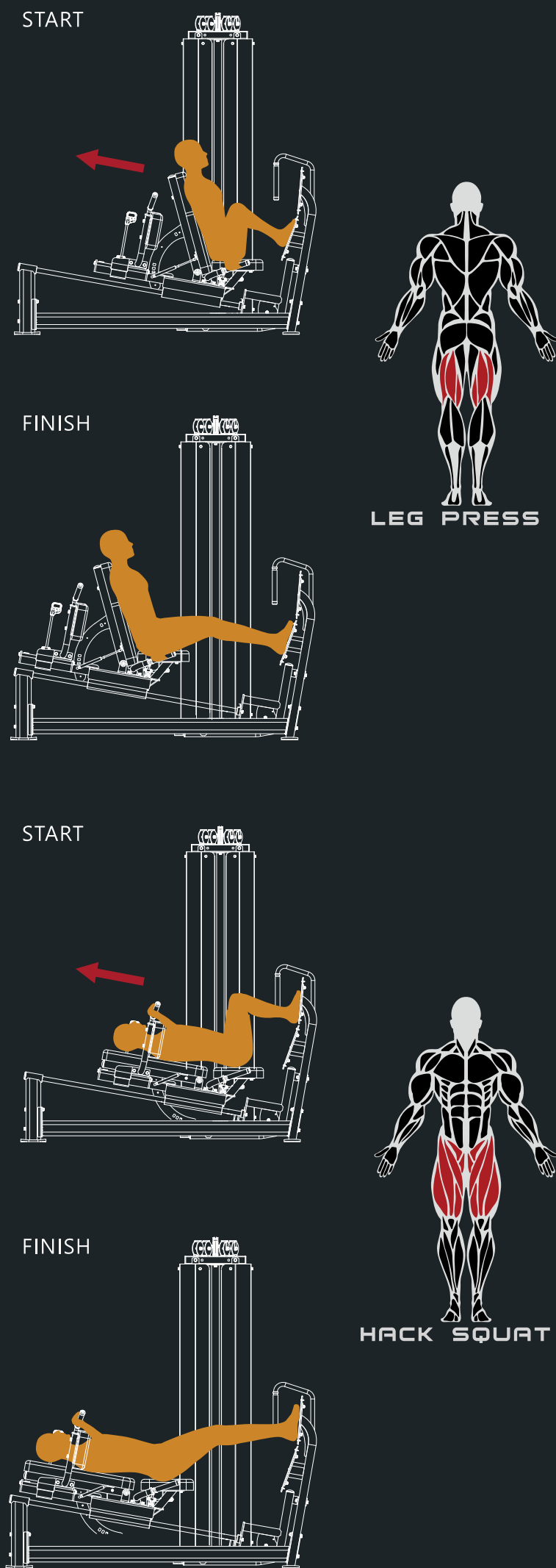
Upper pedals:
Target the glutes.

Calf raise training:
Place the balls of your feet at the lower edge of the lower pedal for calf muscle training.

Lower pedals:
Focus on the quadriceps.



GRAND CENTRAL Leg Press & Hack Squat



PRODUCT WARRANTY



RESIDENTIAL WARRANTY

Our Residential warranty applies to equipment used in a home setting and where the equipment will be used by home occupants only.

Body/Frame	Lifetime Warranty for the lifetime of the product and applies to defects from manufacturer only
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Structural Moving Parts	5 Years Applies to defects from manufacturer only.
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Cables, Upholstery and Accessories	5 Years Applies to defects from manufacturer only.
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LIGHT COMMERCIAL WARRANTY

Our Commercial Warranty applies to facilities that do not charge monthly membership dues and/or where the equipment would not be used by more than 50 people per day.

Body/Frame	10 Years
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Structural Moving Parts	1 Year
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Bearings, Bushings, Pulleys	1 Year
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Cables, Upholstery and Accessories	1 Year Applies to defects from manufacturer only
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