

MANHATTAN ALTERNATE GYM

SUPER GYMS & RACKS Series

Designed specifically for small commercial clubs and home fitness enthusiasts, the SUPER GYMS & RACKS series boasts a rich array of functions, space efficiency, and high safety features.

MANHATTAN ALTERNATE GYM

The ALTERNATE GYM incorporates rope training, high and low pulleys, rowing, free squats, pull-ups, cannonball grips, and battle ropes, offering an experience that includes free squats, power presses, and deadlifts. It can be paired with a training bench for flat bench presses, incline and decline bench presses, and seated shoulder presses.

Constructed with standard commercial-grade tubing (3inx3inx0.1in) and equipped with safety arms, it ensures a secure workout environment. Product weight: 430 lbs, Standard counterweight: 175 lbs per side, Total product weight: 780 lbs, Maximum training load: 660 lbs.

The multifunctional pull-up bar offers three different grips with a diamond knurling for effective slip resistance.

With 32 adjustable positions at 2-inch intervals, the highest position is 71 inches from the ground, and the lowest is 9 inches, allowing for flexible positioning based on training needs.

Dual-side quick-adjust safety arms provide secure support.

Equipped with standard battle rope fixtures.

Standard landmine accessories.

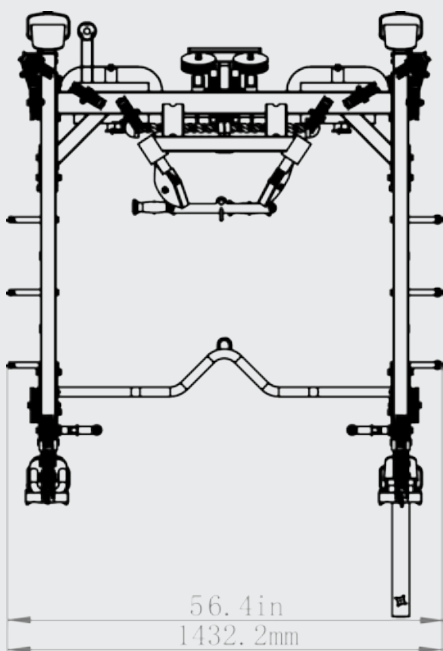
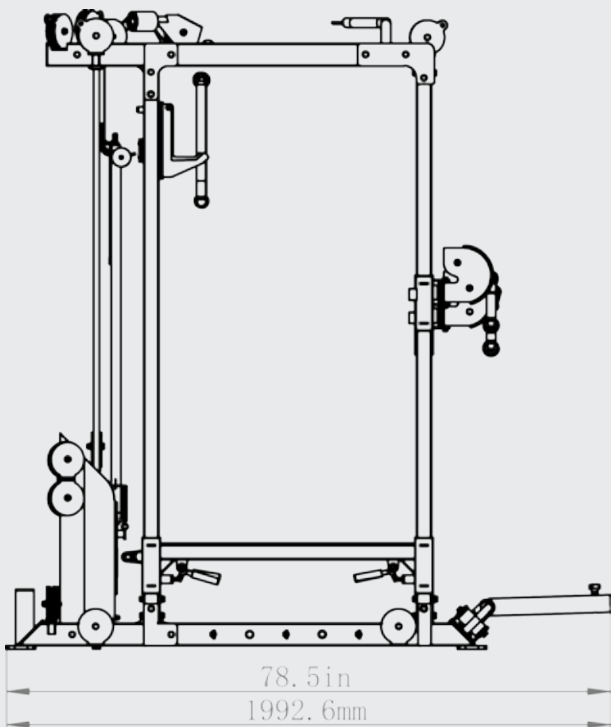
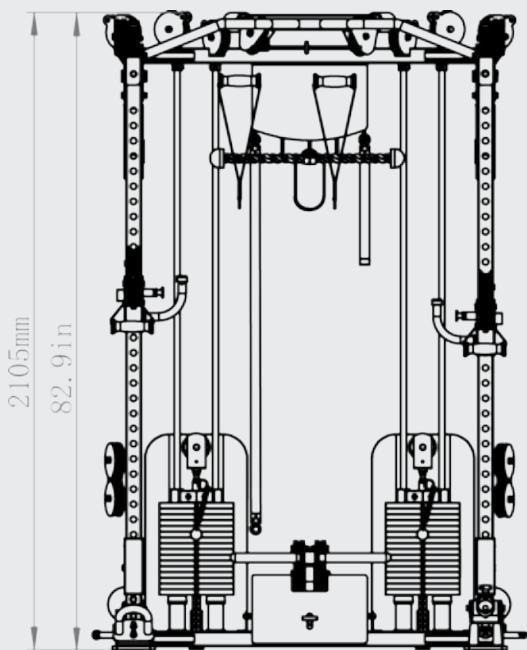
High-position lat pull-down trainer.

Standard accessories include: long pull handle, rowing handle, short pull handle, ankle strap, resistance bands.

Dual-side quick-adjust J-hooks, compatible with a barbell for bench press, squats, deadlifts, and power press exercises.

Low-position rowing trainer.

Each side has three band pegs, which can be used with resistance bands and a barbell for various exercises.



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
-------------------	---

Structural Moving Parts	5 Years Applies to defects from manufacturer only.
--------------------------------	--

Cables, Upholstery and Accessories	5 Years Applies to defects from manufacturer only.
---	--

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
-------------------	----------

Structural Moving Parts	1 Year
--------------------------------	--------

Bearings, Bushings, Pulleys	1 Year
------------------------------------	--------

Cables, Upholstery and Accessories	1 Year Applies to defects from manufacturer only
---	--