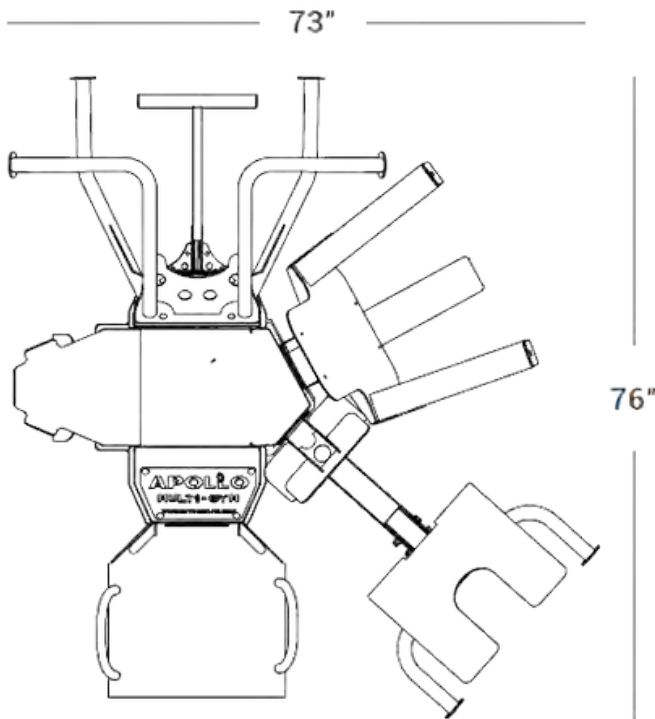


# Apollo Multigym

## KEY FEATURES

- ✓ Five (5) users
- ✓ Five (5) stations
- ✓ 56+ full-body exercises
- ✓ Weatherproof and tamperproof
- ✓ 15-year warranty



## TECHNICAL SPECIFICATIONS

**Height:** 85" (216 cm)     **Fall Height:** 84" (213 cm)  
**Width:** 73" (185 cm)     **Use Zone:** 14" x 13" (36 cm x 33 cm)  
**Length:** 76" (193 cm)     **Weight:** 1046 lbs. (475 kg)

**Shipping Dimensions:** 44" (112 cm) W x 76" (193 cm) L x 85" (216 cm) H  
**Shipping Weight:** 1206 lbs. (547 kg)

**Instructional Placards:** Reverse print with UV-stabilized ink on 1/4" thick Lexan. Bolted to the columns with a stainless steel trim ring using stainless steel carriage bolts.

**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.

### Finish:

- All parts have surfaces prepped and cleaned of all mill scale, rust, oils, and dirt using shot blast and/or chemical wash
- Primer coat is applied with epoxy zinc-rich primer (3-4 mil thickness) and cured in oven
  - Primer designed for superior rust protection. Tested for 3000 hours of salt spray resistance
- Top finish coat is applied with TGIC-FREE weather-resistant polyester powder (3-4 mil thickness) and cured in oven
  - Tested for 1500 hours of salt spray resistance
- All parts inspected to be free of paint defects prior to shipping

**Accessibility:** It is the manufacturers' opinion that the Apollo Multigym conforms to the A.D.A. accessibility standard, assuming an accessible protective surfacing is provided, or within the entire use zone.

### High Low Pulley System

- 100 lbs weight stack with stainless selector pin that travels within a contained security track
- Adjustable weight stack in 10 lbs increments
- 1/2" thick Lexan gate covering weight stack
- Locking lever activates to prevent pinch points and crush zones
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Tricep Press Down
  - Upper Back Pull Down
  - Kneeling Cable Crunch
  - Single Arm Chest Press
  - Bicep Curl
  - Back Seated Row
  - Upright Shoulder Row
  - Cable Squat
  - + More

### 16" Plyo Platform

- Steel non-slip diamond treadplate
- Integrated horizontal and vertical support handles made of 1" thick tubing
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Plyo Step Ups
  - Elevated Knee Touches
  - Seated Crunches
  - Box Jumps
  - Bulgarian Squat
  - Incline Push-ups
  - + More

### Vertical Abdominal Knee Raise

- Back pad is angled properly and ergonomically
- Rubber forearm pads
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Straight Leg Raise
  - Bent Leg Raise
  - + More

### Adjustable Back Extension Bench

- Adjusts at four different points for people of different heights
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Lower Back Extension

**Calf Raise**

- Square aluminum non-slip treadplate
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Single-leg calf raises
  - Double-leg calf raises

**Chin-Up & Dip Bars with Assist Mechanism**

- Adjustable stainless steel assist lever that removes between 60 & 120 lbs of the user's body weight.
  - Four (4) assist settings: 60lbs – 80lbs – 100lbs - 120lbs
- Instructional placard with graphics and QR codes for fitness programming and how-to videos
- Exercises available:
  - Wide Grip Chin-up (with or without assist)
  - Narrow Grip Chin-up (with or without assist)
  - Hammer Grip Chin-up (with or without assist)
  - Dips (with or without assist)
  - + More

End of comprehensive technical specifications.