

# Purestrength

Sport performance.

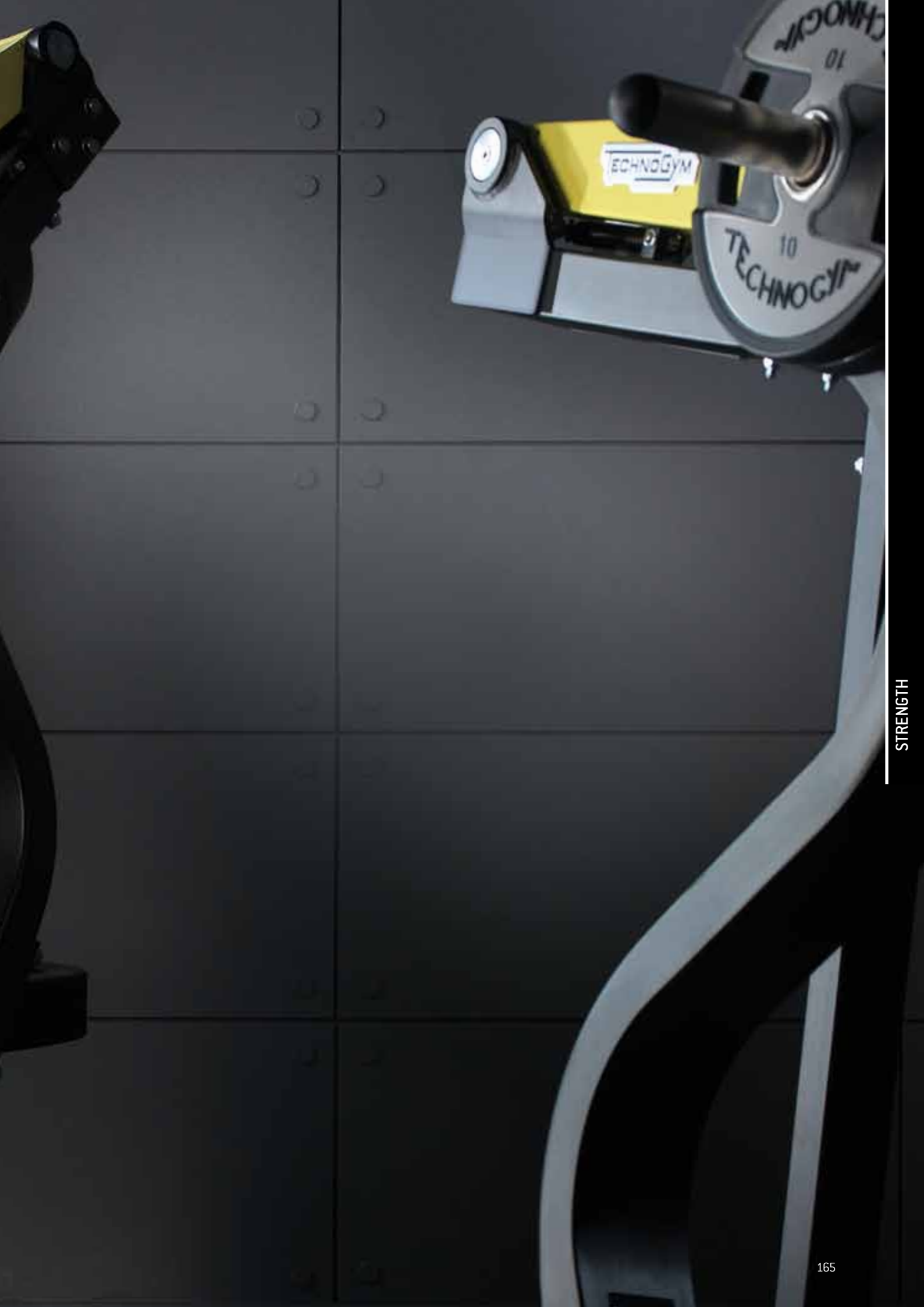


red**dot** design award  
winner 2009



STRENGTH





STRENGTH





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# Purestrength

PURESTRENGTH equipment is built to the highest standards in biomechanics, ergonomics and safety to offer the freedom and pure feel of free weights within a safe environment.

## PRODUCT LINE DIFFERENTIATORS



### MOVEMENT TRAJECTORY

We conducted a very accurate and detailed analysis while testing a large number of exercise patterns to determine the best paths of movement for each machine.

PURESTRENGTH accommodates the body's natural movement for each major muscle group, thus protecting joints whilst maximising muscle recruitment.

### WORKLOAD DISTRIBUTION

The best workload distribution for each machine was obtained by testing users of different sizes and performing subsequent analysis. As a result, workloads are distributed according to movement trajectory to produce the optimum torque throughout the complete range of motion.



### MUSCLE ACTIVATION

Each machine design is based upon biomechanical principles which enable maximum muscle activation and force output.

### WARM UP & STRETCH

This innovative and unique feature enables users to stretch specific muscle groups before exercise to minimise potential injuries and to lengthen and relax muscles after each training session. This feature is available on selected equipment.



### BODY PRINT SYSTEM

The special high-density upholstery filling adapts to the shape of the body, providing a stabilising effect and maximum comfort during exercise.



### SEAT ADJUSTMENT

Once users have found the most suitable seat adjustment number on one machine, the number will be the same on all PURESTRENGTH pieces.



### VISUAL FLAGS

Yellow flags show the correct positioning of the body on the equipment to make adjustments easier and training more effective.



### PURE GRIP

Push and pull movements become more effective and comfortable with the new handgrip design that distributes the load more evenly. Markings show correct hand positioning and the grained texture of the surface increases grip and prevents lateral slipping. The special aluminium, copper and silicon alloy ensures maximum durability.





**Leg Press**

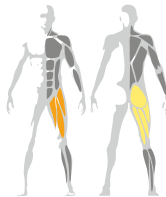
MG5000

- The large foot plate increases the variety of exercise possible.
- Linkage system optimises angle of footplate maintaining a comfortable ankle angle through motion.
- The movement arm configuration and center footplate puts the uninvolved leg in a comfortable position to facilitate uni-lateral training.
- The rotary path of the weight plates provides an optimal resistance profile, increasing as legs move to full extension.

**Muscles:**  
 - Quadriceps  
 - Gluteus  
 - Hamstrings

**Main related activities:** volleyball, sprint, rugby, alpine ski, weight lifting, skating, wrestling, judo, sumo, basketball, high jump, ski jumping, handball.

Length:	mm	<b>1780</b>	in	<b>70</b>
Width:	mm	<b>2060</b>	in	<b>81</b>
Height:	mm	<b>1525</b>	in	<b>60</b>
Machine Weight:	kg	<b>215</b>	lbs	<b>474</b>
Max Load:	kg	<b>480</b>	lbs	<b>1058</b>



**Calf**

MG4500

- Machine design allows activation of Gastrocnemius and Soleus calf muscles without stressing the spine.
- The elliptical shape of the platform ensures maximum articular excursion and muscular involvement even at the end of ankle range of motion.
- Secondary pre-start footplate enables taller users to avoid excessive knee flexion getting into exercise position.

**Muscles:**  
 - Gastrocnemius  
 - Soleus

**Main related activities:** basketball, sprint, rugby, wrestling, volleyball, ski jumping, high jump, weight lifting, cross country skiing, skating, judo, handball, dancing.

Length:	mm	<b>1120</b>	in	<b>44</b>
Width:	mm	<b>1710</b>	in	<b>67</b>
Height:	mm	<b>1170</b>	in	<b>46</b>
Machine Weight:	kg	<b>150</b>	lbs	<b>331</b>
Max Load:	kg	<b>280</b>	lbs	<b>617</b>



**Rear Kick**

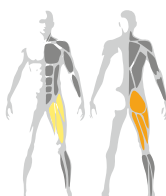
MG4000

- Closed kinetic chain movement focused on gluteal muscles.
- Large foot support increases exercise variety possible.
- The pelvic pad allows users to relax the back while the ground leg pad reduces the weight of the body on the supporting limbs.

**Muscles:**  
 - Gluteus  
 - Hamstrings  
 - Quadriceps

**Main related activities:** football, skating, soccer, wrestling, judo, sumo, rugby, cross country skiing, swimming, race walking, handball, volleyball, basketball.

Length:	mm	<b>1115</b>	in	<b>44</b>
Width:	mm	<b>1330</b>	in	<b>52</b>
Height:	mm	<b>1650</b>	in	<b>65</b>
Machine Weight:	kg	<b>140</b>	lbs	<b>309</b>
Max Load:	kg	<b>120</b>	lbs	<b>265</b>



**Chest Press**

MG0500

- Independent movement arms provide more balanced strength improvement and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement providing a natural arc of motion and increased range.
- The warm up and stretch cord is integrated into the frame for a convenient stretch point for the muscles trained on the machine.

**Muscles:**  
 - Pectoralis Major  
 - Triceps  
 - Deltoids (Anterior)

**Main related activities:** rugby, shot put, football, canoeing, boxing, basketball, volleyball, weight lifting, wrestling, judo, gymnastics, bobsleigh.

Length:	mm	<b>1500</b>	in	<b>59</b>
Width:	mm	<b>1200</b>	in	<b>47</b>
Height:	mm	<b>1715</b>	in	<b>67</b>
Machine Weight:	kg	<b>164</b>	lbs	<b>362</b>
Max Load:	kg	<b>200</b>	lbs	<b>441</b>





### Pulldown

MG2000

- The plane of movement is slightly forward of the shoulders to provide a comfortable path of motion for the user.
- Independent movement arms provide more balanced strength improvement and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- Thigh rollers lock user into position under high loads and yet provide for easy entry and exit to the machine.

**Main related activities:** swimming, freeclimbing, rugby, wrestling, judo.

Length:	mm	<b>1110</b>	in	<b>44</b>
Width:	mm	<b>1740</b>	in	<b>69</b>
Height:	mm	<b>1990</b>	in	<b>78</b>
Machine Weight:	kg	<b>150</b>	lbs	<b>331</b>
Max Load:	kg	<b>200</b>	lbs	<b>441</b>



**Muscles:**  
 - Latissimus dorsi  
 - Biceps  
 - Rhomboids  
 - Trapezius (Lower)



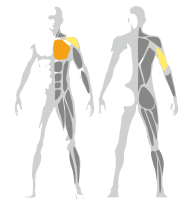
### Incline Chest Press

MG1500

- Independent movement arms provide more balanced strength improvement and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement providing a natural arc of motion and increased range.
- Warm up and stretch cord are integrated into the frame for convenient stretch point for the muscles trained on the machine.
- The counterbalance on each arm reduces starting resistance to 500 gr.

**Main related activities:** boxing, judo, javelin, football, canoeing, basketball, shot put, volleyball, weight lifting, rugby, wrestling, gymnastics, bobsleigh, swimming, waterpolo.

Length:	mm	<b>1540</b>	in	<b>61</b>
Width:	mm	<b>1030</b>	in	<b>41</b>
Height:	mm	<b>1685</b>	in	<b>66</b>
Machine Weight:	kg	<b>160</b>	lbs	<b>353</b>
Max Load:	kg	<b>160</b>	lbs	<b>353</b>



**Muscles:**  
 - Pectoralis Major  
 - Triceps  
 - Deltoids (Anterior)



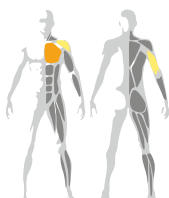
### Wide Chest Press

MG1000

- Decline movement pattern.
- Independent movement arms provide more balanced strength improvement and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- The trajectory of the handles converge during movement providing a natural arc of motion and increased range.
- Warm up and stretch cord are integrated into the frame for convenient stretch point for the muscles trained on the machine.

**Main related activities:** gymnastics, judo, rugby, shot put, martial arts, wrestling, bobsleigh, golf, football, kayaking, swimming

Length:	mm	<b>1450</b>	in	<b>57</b>
Width:	mm	<b>1182</b>	in	<b>47</b>
Height:	mm	<b>1730</b>	in	<b>68</b>
Machine Weight:	kg	<b>170</b>	lbs	<b>375</b>
Max Load:	kg	<b>200</b>	lbs	<b>441</b>



**Muscles:**  
 - Pectoralis Major  
 - Triceps  
 - Deltoids (Anterior)



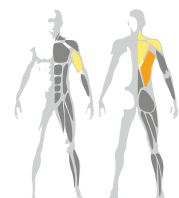
### Low Row

MG2500

- Upward movement pattern.
- Dual handgrip positions provide exercise variation and different muscle involvement.
- Independent movement arms result in more balanced strength improvement and offer variety of training one arm at a time or simultaneous concentric and eccentric on opposing arms.
- Central fixed handle is provided to improve stability when performing unilateral exercises.

**Main related activities:** judo, wrestling, rugby, rowing, canoeing, field archery, kayaking, weight lifting, sumo.

Length:	mm	<b>1320</b>	in	<b>52</b>
Width:	mm	<b>1250</b>	in	<b>49</b>
Height:	mm	<b>1630</b>	in	<b>64</b>
Machine Weight:	kg	<b>125</b>	lbs	<b>276</b>
Max Load:	kg	<b>200</b>	lbs	<b>441</b>



**Muscles:**  
 - Latissimus dorsi  
 - Biceps  
 - Deltoids (Posterior)  
 - Trapezius



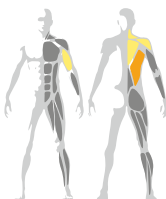
**Row** MG3000

- Dual handgrip positions provide exercise variation and different muscle involvement.
- Independent movement arms provide more balanced strength improvement and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.
- Central fixed handle is provided to improve stability when performing unilateral exercises.
- Large footplates offer maximum support and comfort for the user.

**Main related activities:** rowing, canoeing, weight lifting, wrestling, judo, rugby, field archery, kayaking, volleyball.

Length:	mm	<b>1190</b>	in	<b>47</b>
Width:	mm	<b>1380</b>	in	<b>54</b>
Height:	mm	<b>1300</b>	in	<b>51</b>
Machine Weight:	kg	<b>135</b>	lbs	<b>298</b>
Max Load:	kg	<b>200</b>	lbs	<b>441</b>

**Muscles:**  
 - Latissimus dorsi  
 - Biceps  
 - Trapezius  
 - Deltoids (Posterior)



**Shoulder Press** MG3500

- Movement replicates the overhead press in the frontal plane.
- The counterbalance on each arm reduces starting resistance to 500 gr.
- Independent movement arms provide more balanced strength improvement and offer the choice of training one arm at a time or simultaneous concentric and eccentric movement on opposing arms.

**Main related activities:** gymnastics, judo, shot put, weight lifting, volleyball, wrestling, hammer throw, football, rugby, bobsleigh.

Length:	mm	<b>1290</b>	in	<b>51</b>
Width:	mm	<b>1260</b>	in	<b>50</b>
Height:	mm	<b>1485</b>	in	<b>58</b>
Machine Weight:	kg	<b>140</b>	lbs	<b>309</b>
Max Load:	kg	<b>200</b>	lbs	<b>441</b>

**Muscles:**  
 - Deltoids  
 - Triceps  
 - Trapezius (Upper)



**Plate Rack** A0000356

Length:	mm	<b>670</b>	in	<b>26</b>
Width:	mm	<b>670</b>	in	<b>26</b>
Height:	mm	<b>1145</b>	in	<b>45</b>
Rack Weight:	kg	<b>60</b>	lbs	<b>132</b>



**Holder Set** A0000374

<b>MG1500</b>	Incline Chest Press	2 pcs.
<b>MG1000</b>	Wide Chest Press	1 pc.
<b>MG0500</b>	Chest Press	2 pcs.
<b>MG3500</b>	Shoulder Press	2 pcs.
<b>MG2500</b>	Low Row	1 pc.
<b>MG3000</b>	Row	1 pc.
<b>MG2000</b>	Pull Down	2 pcs.
<b>MG4000</b>	Rear Kick	1 pc.
<b>MG5000</b>	Leg Press	1 pc.
<b>MG4500</b>	Calf	1 pc.



**Olympic Flat Bench** PG07

- Two user footplates (patent pending) to support shorter users, featuring a magnetic locking system and spring assistance
- Spotter platform for safe and effective assistance
- Stop hooks for unsupervised training
- IPF compliant

Length:	mm	<b>1645</b>	in	<b>65</b>
Width:	mm	<b>1254</b>	in	<b>50</b>
Height:	mm	<b>1358</b>	in	<b>55</b>
Bench Weight:	kg	<b>109</b>	lbs	<b>240</b>



**Olympic Incline Bench** PG01

- The user footplate stabilises user during exercise
- Spotter platform for safe and effective assistance
- Stop hooks for unsupervised training
- IPF compliant

Length:	mm	<b>1844</b>	in	<b>73</b>
Width:	mm	<b>1254</b>	in	<b>54</b>
Height:	mm	<b>1604</b>	in	<b>63</b>
Bench Weight:	kg	<b>103</b>	lbs	<b>227</b>



**Olympic Decline Bench** PG23

- The Adjustable Roll-pad System enables set up with a single adjustment
- Stop hooks for unsupervised training
- IPF compliant

Length:	mm	<b>1894</b>	in	<b>75</b>
Width:	mm	<b>1244</b>	in	<b>50</b>
Height:	mm	<b>1523</b>	in	<b>60</b>
Bench Weight:	kg	<b>108</b>	lbs	<b>238</b>



**Adjustable Decline/Ab Crunch** PG03

- 3 backrest settings to differentiate difficulty level [-20°, -5°, +15°]
- 2 integrated plate holders, also accessible from workout position (patent pending)
- Wide walkthrough design for easier access
- 2 handles under the rollers to allow reverse abdominal exercises
- Integrated handle to facilitate entrance/exit

Length:	mm	<b>1838</b>	in	<b>72</b>
Width:	mm	<b>544</b>	in	<b>21</b>
Height:	mm	<b>970</b>	in	<b>38</b>
Bench Weight:	kg	<b>79</b>	lbs	<b>174</b>



**Olympic Half Rack** PG10

- Walkthrough design
- 2 foldable footplates enable user to reach the chin up handles and allow assistance
- Integrated barbell storage holder
- Multi-angle chin handles
- Dip handles
- IPF compliant
- Optional: Connect Adjustable Bench-Rack Set (code A0000447) to connect the Adjustable Bench to the Half Rack
- Olympic Half Rack Holder Set (code A0000374) 5 sets required

Length:	mm	<b>1406</b>	in	<b>55</b>
Width:	mm	<b>1260</b>	in	<b>50</b>
Height:	mm	<b>2363</b>	in	<b>93</b>
Machine Weight:	kg	<b>210</b>	lbs	<b>463</b>



**Scott Bench** PG06

- Double angle pad setting (10° or 50°) for maximum load at the beginning or at the end of the range of movement (patent pending)
- For safety reasons, the setting system can only be accessed from the front with both hands, by removing the barbell
- Stop hooks to secure the bar

Length:	mm	<b>1047</b>	in	<b>41</b>
Width:	mm	<b>821</b>	in	<b>32</b>
Height:	mm	<b>1042</b>	in	<b>41</b>
Bench Weight:	kg	<b>84</b>	lbs	<b>185</b>



**Olympic Military Bench** PG08

- The footplate offers a stable platform for the user during exercise
- Spotter platform for safe and effective assistance
- The special ergonomic design of the posterior hooks (patent pending) reduces shoulder stress
- IPF compliant

Length:	mm	<b>1523</b>	in	<b>60</b>
Width:	mm	<b>1273</b>	in	<b>50</b>
Height:	mm	<b>1866</b>	in	<b>73</b>
Bench Weight:	kg	<b>153</b>	lbs	<b>337</b>



**Lower Back Bench** PG05

- Pad height setting allows 9 different positions
- 2 integrated plate holders, also accessible from workout position (patent pending)
- Wide footplate for exercise variations

Length:	mm	<b>1192</b>	in	<b>47</b>
Width:	mm	<b>760</b>	in	<b>30</b>
Height:	mm	<b>920</b>	in	<b>36</b>
Bench Weight:	kg	<b>57</b>	lbs	<b>126</b>



### Adjustable Bench

PG04

- 8 backrest angle settings: -8°, 0°, 15°, 30°, 45°, 60°, 75°, 85°
- Easy to move with integrated wheels and handle
- 3 seat angle settings: 0°, 15°, 30°

Length:	mm	<b>1328</b>	in	<b>52</b>
Width:	mm	<b>510</b>	in	<b>20</b>
Height:	mm	<b>1318</b>	in	<b>52</b>
Bench Weight:	kg	<b>59</b>	lbs	<b>130</b>



### Flat Bench

PG14

- Easy to move with integrated wheels.

Length:	mm	<b>1187</b>	in	<b>47</b>
Width:	mm	<b>510</b>	in	<b>20</b>
Height:	mm	<b>452</b>	in	<b>18</b>
Bench Weight:	kg	<b>28</b>	lbs	<b>62</b>



### 10 Place BB Rack

A0000520

Length:	mm	<b>827</b>	in	<b>33</b>
Width:	mm	<b>819</b>	in	<b>32</b>
Height:	mm	<b>1489</b>	in	<b>59</b>
Rack Weight:	kg	<b>70</b>	lbs	<b>154</b>



### 2 Tier DB Rack (10 Pairs)

A0000521

Length:	mm	<b>2522</b>	in	<b>99</b>
Width:	mm	<b>667</b>	in	<b>26</b>
Height:	mm	<b>749</b>	in	<b>29</b>
Rack Weight:	kg	<b>160</b>	lbs	<b>353</b>



### Weight storage accessories

A0000398

- With 6 plate holders each for:
- Olympic Flat Bench
  - Olympic Incline Bench
  - Olympic Decline Bench
  - Olympic Military Bench