

SYNRGY90

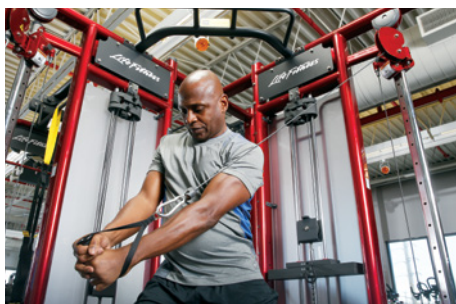
PERSONAL TRAINING STATION

Create holistic personal training programs in a limited area with this personal training station. The SYNRGY90™ concept takes the leading cable exercise equipment and evolves it into a system that combines Cable Motion™, bodyweight training, suspension training and accessory storage.



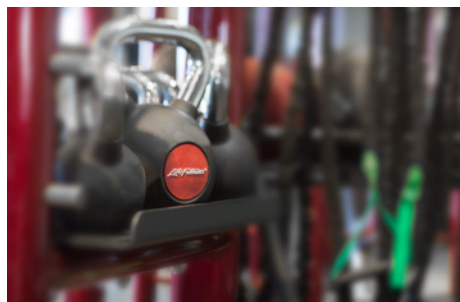
PERSONAL TRAINING CONFIGURATION OPTIONS

Trainers can configure their own variation of Cable Motion, bodyweight, suspension, rope or pivot training configuration options.



CABLE MOTION

Cable Motion Technology employs user-defined paths of motion that allow for a nearly endless variety of strength training options.



ACCESSORY STORAGE

Convenient integrated storage space for accessories like medicine balls, kettlebells, resistance bands, and more.



ADDING WORKOUT POSSIBILITIES

U-link columns allow for the quick attachment of options like dip handles and step-up platforms.



FEATURED:
SYNRGY90 Cable-Versa

LifeFitness



STATION CONFIGURATIONS

PRODUCT	VERSA VERSA SYN90-VV	CABLE CABLE SYN90-CC	VERSA CABLE SYN90-VC CABLE VERSA SYN90-CV
Dimensions (L x W x H)	51" x 51" x 96" (130 cm x 130 cm x 244cm)	69" x 69" x 96" (175 cm x 175 cm x 244 cm)	51" x 69" x 96" (130 cm x 175 cm x 244 cm)
Recommended live area (L x W x H)	12.5' x 12.5' x 9.5' (3.8 m x 3.8 m x 2.9 m)	11' x 11' x 9.5' (3.4 m x 3.4 m x 2.9 m)	11' x 12.5' x 9.5' (3.4 m x 3.8 m x 2.9 m)
Product weight	470 lbs (213 kg)	1351 lbs (613 kg)	933 lbs (423 kg)
Weight stack	N/A	Two, 390 lbs (190 kg) each	One, 390 lbs (190 kg)
Included in base product	4 Accessory Storage Shelves; 2 U-Link Adjustment Columns; Battle Rope Attachment	2 Cable Stations; 1 Accessory Storage Shelf; 2 Short Handles/2 Long Handles; 1 DAP Training Belt	1 Cable Station; 2 Accessory Storage Shelves; 1 U-Link Adjustment Column; Battle Rope Attachment; 1 Short Handle/1 Long Handle; 1 DAP Training Belt
OPTIONS			
Punching Bag Connector (does not include bag)	•	N/A	N/A
Rock Chin	•	•	•
Suspension Chin	•	•	•
Suspension Chin w/ Suspension Trainer	•	•	•
Stall Bars	•	•	•
Power Pivot (includes Power Pivot Bar)	•	N/A	N/A
Rope Pull	•	•	•
Rope Pull + Rock Chin	•	•	•
Rope Pull + Suspension Chin	•	•	•
Rope Pull + Suspension Chin w/Suspension Trainer	•	•	•
Power Pivot + Rock Chin	•	N/A	N/A
Power Pivot + Suspension Chin	•	N/A	N/A
Power Pivot + Suspension Chin w/Suspension Trainer	•	N/A	N/A
Rope Pull + Power Pivot	•	N/A	N/A
Rope Pull + Power Pivot + Rock Chin	•	N/A	N/A
Rope Pull + Power Pivot + Suspension Chin	•	N/A	N/A
Rope Pull + Power Pivot + Suspension Chin w/Suspension Trainer	•	N/A	N/A
Suggested accessories	Dual-Handle Covered Bands (4); Looped Covered Bands (4); Kettlebells (15 - 40 lbs); Slam Balls (6 - 10 lbs) When selecting Power Pivot: Urethane Plates (5 - 25 lbs) When selecting Boxing: Punching Bag, Pair of Boxing Gloves, Jump Rope	Slam Balls (6 - 10 lbs)	Dual-Handle Covered Bands (2') Looped Covered Bands (2'); Kettlebells (15 - 40 lbs); Slam Balls (6 - 10 lbs)