

## L360 ALL FUNCTIONAL TRAINING

- **Designed for optimum exercise biomechanics.** To guarantee smooth, natural movements for full muscle concentration.
- Calibrated weights. For guaranteed weight person.
- **Hard chrome guides and IGUS drylining bushing.** Offering a silent, sliding action and minimum maintenance. The bushings are resistant to friction and to high temperatures.
- High resistance 5 mm and 6 mm thick coated Steel cable, for smooth, secure performance.
- **360° free hold**, for a more natural exercise, adapted to the anatomical movement of the arms of each particular user, whilst maintaining control. Controlled mobility.
- **Magnetic weight plate selectors.** The magnets ensure that there is no possibility of the selector coming out during training.
- Stainless steel components. Designed to offer long-lasting durability.
- Use of laser cutting technology, for optimum tube cutting precision.
- **Structure of 4 mm thick ST-37/40 steel frame** and pulley support plates of 8 mm thick steel frame. Offers guaranteed durability.
- Multiple training positions at the ergoline.
- 10 grips and 6 hooks at the V-Station for attaching elastic, rubber bands, plyometric platform...etc. and an additional bar for the combat rope.



- 4 trays, 3 bars and hooks for accessory storage at the V-Station.
- 3 pivot heads (1 at the V-Station and 2 at the cable station) for multidirectional workouts with bars and weights. The heads have shafts which rotate 360° and allow the users to move the bar in multiple directions.
- 2 independent multiposition pulley arms, which can be adjusted vertically in 9 different positions and horizontally in 7 different positions.
- Connecting ladder between V-Station and Cable Station for suspension training exercises. Includes side bars for TRX and Queenax type of accessories.

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- Grips on ladder V-Station which allow the user to make chin-ups.
- 2 different connectors at the Cable Station. Allow the users to connect the U-bar accessory in 2 different positions:
  - At the top for dips and knee raises.
  - At the Bottom for press-downs and dips.
- Accessories: plyometric platform for jump exercises (at V-Station) and U-bar for dips, press downs and knew raises (Cable Station).



### Specifications

Length: 490 cm / 193"

Width (with folded arms): 170 cm / 67"

Width (with fully extended arms): 356 / 140"

Maximum Height (with arms in the highest position): 257 cm / 102"