



## Finnlo power station Autark 6800 (3948)



The AUTARK 6800 strength station from Finnlo is the extension of the Autark 6000 with a leg press.

CHF 3'390.00

The Autark 6800 has an extensive training range and thus enables a comprehensive and varied strength and strength-endurance training. Bench press and butterfly are among the most popular training exercises for building and strengthening the chest muscles and are possible without exception on the Autark 6800. The ergonomically shaped handles of the Autark 6800 allow different grip and holding positions, which makes a greater training variation and variety possible. The rubberized and padded handles and arm pads ensure a comfortable workout.

Intensive training for the back muscles is possible via the lat pull, which allows numerous training variations through different handles such as a lat pull bar or individual ( optionally available ) handles. However, not only the back muscles can be trained by the lat pull of the Autark 6800, also intensive arm training is possible with exercises like the triceps press.

The central pulley of the Autark 6800 allows crunches, which are one of the most popular six-pack exercises, but also numerous rotational exercises to strengthen the torso, or rowing motion to strengthen the back muscles are possible through the central pulley of the Autark 6800.

Another highlight of the Finnlo Autark 6800 is the lateral, height-adjustable cable/rope pulley. The dynamic and free training movement activates more muscle groups in the body as in classic exercise routines. All muscle groups can be trained effectively on the cable pull of the Autark 6800 without any problems. The included individual handles allow, for example, reverse butterflies, which, effectively train the back muscles, or train your arm muscles by biceps curls. There are no limits to training and creativity with the Autark 6800 cable pulleys. Thus, even after a long training experience, you can still set new stimuli for your muscles. Optionally available handles maximize the training possibilities and success.

### **Features:**



- Latissimus pulling tower
- Press unit for bench press, shoulder and neck press, rowing
- separate butterfly unit (foldable to the back) with rotating handles for a perfect motion sequence
- pulley for abdominal exercise (crunch module)
- leg section for leg extension (sitting) and leg bending exercises (sitting), with handholds to stabilize the posture
- height-adjustable traction station with 160° rotating roller system for maximum amplitude of movement
- leg press with extra large, stable metal step plate and ergonomically adjustable backrest
- flexibly adjustable backrest for perfect training ergonomics
- seat height adjustment
- 100kg weight block (20 plates of 5kg each)
- weight magazine cover
- thick tubular steel frame for stability and safety
- robust construction and powder coating
- 1 user
- color: anthracite
- upholstery: black
- target price CHF 3'399.--

Use: home use, payload 120kg, maximum pull weight 80kg

Machine dimensions: L200 x W250 x H223cm, weight 280kg

Accessories: lat pull bar, straight bar, chain, abdominal crunch rope, 2 hand pull handles

Warranty: 2 years on labor and 3 years on spare parts (excluding consumables like pads, cables)