



Inspire by Hammer Strength Station M5 (3633)



HOME GYM M5 by Inspire Fitness - the corner solution (L-shape) with three training stations. The ideal device for professional fitness and strength training in your own 4 walls, in hotels or wellness facilities. Simultaneous training of 2 persons is possible.

CHF 7'190.00

With the premium multigym Inspire M5 you can finally train all important muscle groups of your body at home like in a professional gym. Equipped with two weight blocks of 96 kg each, effective muscle building is finally possible even for advanced strength athletes at home. Strength training with the Home Gym M5 builds muscles quickly and effectively, strengthens especially possible weak points such as back and legs and defines the entire body. 3 separate training stations allow simultaneous training of 2 people. The perfect home gym for your personal fitness studio" or for use in hotels, sports clubs or wellness facilities.

The Inspire M5 strength station offers a wide range of exercises for every muscle group - over 60 professional exercise variations for all major muscle groups - as well as professional equipment details and adjustment options that make the multi-station a real studio alternative (Perfect also for body heights: over 2 meters).

Equipment:

- over 60 professional exercise variations for all main muscle groups
- Bench press levers with angle adjustment for push and pull exercises (bench press, incline bench press, shoulder press or rowing)
- free training movement for butterfly and bench press (functional training)- bilateral movement sequence
- separate latissimus station with 3 different pull handles and pull heights for a variety of upper body exercises like lat pull, triceps or abdominal crunch
- Comfort seat with multiple vertical adjustments
- 180 degree rotatable roller at lat pull
- separate curl/rower unit for free and effective arm and shoulder exercises and for a variety of



exercises like for abduction, adduction, hips, glutes, calves, biceps, back (rowing)

- Ergo backrest continuously adjustable both vertically and in angle
- Leg extension and leg flexor seated with quick adjustment
- Biceps pad for arm exercises
- back exercise module (hyperextension 45°:)
- height adjustable curl desk with comfort cushion
- foamed comfort seat (backrest) multiple adjustable in inclination
- foamed quality padding for perfect ergonomics and exceptional training comfort
- premium pulleys with maximum load of over 1000kg
- 2 users possible at the same time
- space-saving design
- powder coated frame parts
- weight blocks 2 x 96kg (20 x 4,5kg plates)
- protective cover on weight magazine with heavy duty canvas
- 2 attached charts with numerous exercises
- paint: black

Use: home use, payload: approx. 160kg

Equipment dimensions: 254 x 260 x 216cm, space requirement: L300 x B290 x H220cm, weight 367kg

Accessories: wide rotating latissimus bar, rowing handle, rotating curl bar, 2 handles

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