



Stil-Fit Stil-Fit cable pull PRO black



The STIL-FIT PRO cable pulley offers impressive versatility in a compact form. With a lat pull, a 97.5kg weight block and two independently and continuously adjustable pull elements, it allows for countless workout variations. Its classy design and high-quality materials add a special touch to any room. Training with a cable pulley is an extremely versatile and effective training method that offers many benefits for physical fitness and health. The cable pulley PRO from STIL-FIT offers everything you need for your strength training - in the smallest possible space. Thanks to its versatility, the cable pulley PRO is equipped for every training goal and fitness level.

CHF 8'950.00

Effective, varied and holistic - cable pulleys have always been part of the basic equipment in gyms, physiotherapy and home fitness. They enable versatile and targeted strength training. At the same time, almost all movements always address entire muscle groups, thus improving coordination and stability.

A strong core - essential in all situations - the three-dimensional training with free and everyday movements activates and strengthens your core and supporting muscles. This ensures good body tension and an upright posture, improves your balance, prevents injuries and above all increases your general well-being.

Timeless, effective, exclusive

Perfect for any environment - minimalist design and compact dimensions. The ideal solution for exclusive home studios or hotels, spas and gyms that want to offer their customers an exceptional experience and an effective workout.

Unique design and perfect functionality

High training variety thanks to flexible adjustment possibilities - thanks to the specially developed mechanism, the pulling positions can be adjusted continuously and separately from each other and can be used on both sides as well as on one side. You can attach the most diverse accessories, such as cords or triceps bars, to the swiveling traction elements instead of the handles. Designed for intense



workouts.

Full Body Workout

A cable pulley allows for a full body workout as it targets different muscles and muscle groups at the same time.

Functional Movements

The cable pulley allows you to simulate functional movements such as pulling, pushing, lifting and twisting.

Stability & Balance

Training with a cable pulley requires increased stability and balance, which helps improve core muscles.

Versatile & Effective

There are countless exercises that can be performed with the cable pulley, making for an effective workout.

97.5kg weight block

A classic weight block with a 4:1 ratio. Minimum weight 1,25kg and maximum weight 24kg per pull side. 19 weights of 5kg each.

Lat pulldown unit standard

Lat pulldown training is perfect for a strong back. But the higher pulling position and 2:1 ratio are also suitable for various other exercises.

Uncomplicated handling

Thanks to the clamping mechanism, the two pull units can be adjusted independently and continuously to suit you and your current workout.

Effective double pull

In contrast to the most commonly used butterfly pulls, our double pull offers you a much greater variety of exercises and a more comfortable pulling behavior.

- Optimizes available space with a small footprint - a modern and compact design that saves space and enhances any room - minimal footprint with only a 0.5 square meter footprint
- Integrated lat pull unit for maximum exercise versatility
- The swiveling traction elements are independently and continuously adjustable.
- The distance between the pulleys is 90 cm and thus offers an enormous training variety
- markings on the slide rails allow easy adjustment of the height
- anodized aluminum profiles
- various optional accessories available, such as biceps/triceps bar (available in walnut wood or black stained ash), chop bar (available in walnut wood or black stained ash), triceps rope (braided hemp rope. Non-slip and easy to grip), footstrap (made of cowhide leather padded with soft neoprene), manual with exercise instructions
- thanks to the special weight block (97,5kg) the first weight steps can be set in 1.25kg steps the following ones in 2,5kg steps. the minimum starting weight is therefore 1.25kg per side
- Included in delivery: Lat pull bar (available in walnut wood or black stained ash) and 2 x handles ball bearing mounted and with leather straps



Technical details:

Equipment dimensions: W118 x H224 x D32cm (total depth 67cm)

Weight block: 87.5kg (15 weights acute: 5kg / 4 weights acute: 2.5kg / starting weight: 2.5kg)

Total weight: approx. 150kg

Ratio: Ratio 4:1 - The effective maximum weight per pull side is 24kg in single pull

Extension length in double pull: 2,2m

Extension length in single pull: 3,2m

Minimum weight 1,25kg per pull side

Maximum weight 24kg per pull side