



IMPULSE  
IF SERIES



## IF8 (Impulse Fitness 8 Series)

- This simple, clean-lines, selectorized series consists of 14 machines specially designed for entry level small clubs and institutional applications.
- It offers a complete functional package, is inexpensive to own and is easy to maintain.
- It matches up beautifully with the benches and racks of the IF line.
- TUBING: J50.8x76.2x2.5, J50.8x2.5, J38x2.5, USA LOOS Cable
- WEIGHT STACK 1: 77 Kg / 170 Lbs
- WEIGHT STACK 2: 91 Kg / 200 Lbs
- WEIGHT STACK 3: 113 Kg / 250 Lbs
- SHROUD OPTIONAL 1: Short Shroud
- SHROUD OPTIONAL 2: Long Shroud



## IF LINE (Impulse Fitness)

- The best seller in the year 2010! This superior designed line consists of single station selectorized equipment, as well as a multi-station high-end workout center.
- These home gyms were designed by an experienced USA industrial engineering design team.
- TUBING: J50.8x76.2x2.5, J50.8x2.5, J38x2.5



### IF8101

#### CHEST PRESS

PRODUCT DIMENSION (LxWxH)	913x1265x1400 (mm) 35.9x49.8x55.1 (in)
PRODUCT WEIGHT	92 Kg / 203 Lbs
40"	77 Sets

### IF8102

#### LAT PULLDOWN / LOW ROW

PRODUCT DIMENSION (LxWxH)	1972x913x2177 (mm) 77.6x35.9x85.7 (in)
PRODUCT WEIGHT	101 Kg / 223 Lbs
40"	70 Sets





**IF8103**  
ARM CURL

PRODUCT DIMENSION (LxWxH)	1118x896x1400 (mm) 44.0x35.3x55.1 (in)
PRODUCT WEIGHT	88 Kg / 194 Lbs
40'	84 Sets

**IF8105**  
LEG EXTENSION

PRODUCT DIMENSION (LxWxH)	1192x1167x1400 (mm) 46.9x45.9x55.1 (in)
PRODUCT WEIGHT	99 Kg / 218 Lbs
40'	69 Sets



**IF8106**  
SEATED LEG CURL

PRODUCT DIMENSION (LxWxH)	1436x1170x1400 (mm) 56.5x46.1x55.1 (in)
PRODUCT WEIGHT	102 Kg / 225 Lbs
40'	69 Sets

**IF8109**  
TOTAL HIP

PRODUCT DIMENSION (LxWxH)	1208x1005x1480 (mm) 47.6x39.6x58.3 (in)
PRODUCT WEIGHT	89 Kg / 196 Lbs
40'	100 Sets



**IF8110**  
LEG PRESS / CALF RAISE

PRODUCT DIMENSION (LxWxH)	1541x1220x1701 (mm) 60.7x48x67 (in)
PRODUCT WEIGHT	151 Kg / 333 Lbs
40"	54 Sets



**IF8116**  
INNER / OUTER THIGH

PRODUCT DIMENSION (LxWxH)	1643x697x1506 (mm) 64.7x27.4x59.3 (in)
PRODUCT WEIGHT	98 Kg / 216 Lbs
40"	85 Sets



**IF8112**  
SHOULDER PRESS

PRODUCT DIMENSION (LxWxH)	1392x1191x1400 (mm) 54.8x46.9x55.1 (in)
PRODUCT WEIGHT	83 Kg / 183 Lbs
40"	80 Sets



**IF8120**  
WEIGHT ASSISTED CHIN / DIP COMBO

PRODUCT DIMENSION (LxWxH)	1466x1225x2139 (mm) 57.7x48.2x84.2 (in)
PRODUCT WEIGHT	117 Kg / 258 Lbs
40"	90 Sets





### IF8121 MULTI PRESS

PRODUCT DIMENSION (LxWxH)	1818x1337x1400 (mm) 71.6x52.6x55.1 (in)
PRODUCT WEIGHT	109 Kg / 240 Lbs
40"	72 Sets

### IF8122 PEC FLY / REAR DELT

PRODUCT DIMENSION (LxWxH)	1310x1450x1810 (mm) 51.6x57.1x71.3 (in)
PRODUCT WEIGHT	101 Kg / 223 Lbs
40"	81 Sets



### IF8123 BICEP / TRICEP

PRODUCT DIMENSION (LxWxH)	1260x849x2115 (mm) 49.6x33.4x83.3 (in)
PRODUCT WEIGHT	83 Kg / 183 Lbs
40"	91 Sets

### IF8124 AB / BACK

PRODUCT DIMENSION (LxWxH)	1217x1057x1400 (mm) 47.9x41.6x55.1 (in)
PRODUCT WEIGHT	79.5 Kg / 175 Lbs
40"	94 Sets





**F15**  
FLAT / INCLINE BENCH

PRODUCT DIMENSION (LxWxH)	1380x541x441 (mm) 54.3x21.3x17.4 (in)
PRODUCT WEIGHT	28 Kg / 62 Lbs
40'	505 Sets

**HG5**  
CABLE MOTION GYM

PRODUCT DIMENSION (LxWxH)	1451x1339x2132 (mm) 57.1x52.7x83.9 (in)
PRODUCT WEIGHT	189 Kg / 416 Lbs
40'	82 Sets
WEIGHT STACK	73 Kg / 160 Lbs

