

**PINS-SELECTED**



**HARCO**



**STRENGTH**

**APEX SERIES**



### SRF 1001

SEATED BICEPS CURL

Weight : GW 190kgs / NW 185kgs  
 Size : 1290x905x1500mm  
 Weight Stack : 68kg



### SRF 1002

TRICEP EXTENSION

Weight : GW 190kgs/NW 186kgs  
 Size : 1195x905x1500mm  
 Weight Stack : 68kg



### SRF 1003

SEATED CHEST PRESS

Weight : GW 190kgs/NW 187kgs  
 Size : 862x1257x1500mm  
 Weight Stack : 82kg



### SRF 1004

BUTTER FLY/ REAR DELT/ PEC FLY

Weight : GW 190kgs/NW 188kgs  
 Size : 906x1509x1500mm  
 Weight Stack : 102kg



### SRF 1005

SEATED BACK ROWING

Weight : GW 195kgs/NW 180kgs  
 Size : 1556x1088x1500mm  
 Weight Stack : 82kg



### SRF 1006

LAT PULLDOWN

Weight : GW 195kgs/NW 181kgs  
 Size : 1593x1493x1888mm  
 Weight Stack : 82kg


**SRF1007**
**HIP EXTENSION**

Weight : GW 190kgs/NW 175kgs  
 Size : 1393x932x1500mm  
 Weight Stack : 68kg


**SRF1008**
**LYING LEG CURL**

Weight : GW 190kgs/NW 176kgs  
 Size : 1694x920x1500mm  
 Weight Stack : 82kg


**SRF1009**
**LEG EXTENSION**

Weight : GW 190kgs/NW 177kgs  
 Size : 1159x1009x1500mm  
 Weight Stack : 82kg


**SRF1010**
**BACK EXTENSION**

Weight : GW 190kgs/NW 178kgs  
 Size : 1217x932x1500mm  
 Weight Stack : 102kg


**SRF1011**
**SEATED ABDOMINAL CRUNCH**

Weight : GW 190kgs/NW 179kgs  
 Size : 1217x967x1500mm  
 Weight Stack : 82kg


**SRF1013**
**FUNCTIONAL TRAINER**

Weight : GW 315kgs/NW 290kgs  
 Size : 1772x997x2226mm  
 Weight Stack : 82\*2kg

**SRF1014**

SEATED SHOULDER PRESS

Weight : GW 190kgs/NW 185kgs  
Size : 1555x1414x1500mm  
Weight Stack : 82kg

**SRF1019**

DIP/CHIN ASSIST

Weight : GW 210kgs/NW 198kgs  
Size : 1100x1010x2210mm  
Weight Stack : 82kg

**SRF1020**

WIDE LAT PULLDOWN/HORIZONTAL ROWING

Weight : GW 205kgs/NW 190kgs  
Size : 1270x1620x2120mm  
Weight Stack : 68kg

**SRF1022**

ADDUCTOR/ABDUCTOR

Weight : GW 205kgs/NW 190kgs  
Size : 1575x783x1500mm  
Weight Stack : 82kg

**SRF1024**

SEATED LEG PRESS

Weight : GW 205kgs/NW 191kgs  
Size : 1555x1414x1500mm  
Weight Stack : 82kg

**SRF1030**

SMITH MACHINE

Weight : GW 180kgs/NW 175kgs  
Size : 1100x1010x2210mm  
Weight Stack : 82kg

**SRF1031A**

45° HACK SQUAT

Weight : GW 180kgs/NW 210kgs  
Size : 1270x1620x2120mm  
Weight Stack : 68kg

**SRF1013B**

CABLE CROSSOVER

Weight : GW 318kgs/NW 295kgs  
Size : 1575x783x1500mm  
Weight Stack : 82kg

**SRF1035**

SEATED SHOULDER PRESS

Weight : GW 63kgs/NW 60kgs  
Size : 1330x1046x1810mm

**SRF1036**

OLYMPIC FLAT BENCH

Weight : GW 63kgs/NW 60kgs  
Size : 1750x1560x1210mm

**SRF1037**

OLYMPIC UPPER INCLINE BENCH

Weight : GW 63kgs/NW 61kgs  
Size : 1750x1685x1495mm

**SRF1038**

OLYMPIC DOWN INCLINE BENCH

Weight : GW 63kgs/NW 62kgs  
Size : 1750x1920x1125mm

**SRF1034**

MULTI FUNCTION BENCH

Weight : GW 55kgs/NW 50kgs  
Size : 1375x630x1206mm

**SRF1040**

ABDOMINAL BENCH

Weight : GW 46kgs/NW 43kgs  
Size : 1575x630x860mm

**SRF1041**

FLAT BENCH

Weight : GW 47kgs/NW 44kgs  
Size : 1210x630x420mm

**SRF1042**

PREACHER CURL

Weight : GW 45kgs/NW 43kgs  
Size : 1055x880x960mm

**SRF1043**

DUMBBELL RACK ( 6 PAIRS )

Weight : GW 43kgs/NW 39kgs  
Size : 1480x520x730mm

**SRF1044**

PLATE TREE

Weight : GW 45kgs/NW 40kgs  
Size : 630x620x1230mm



**SRF1045**

UTILITY BENCH

Weight : GW 43kgs/NW 39kgs  
Size : 1077x664x1109mm



**SRF1046**

HYPER EXTENSION

Weight : GW 45kgs/NW 40kgs  
Size : 1249x747x758mm



**SRF1032**

SQUAT RACK

Weight : GW 95kgs/NW 93kgs  
Size : 1746x1288x1865mm

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**WHATSAPP**



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