



**HARCO**

**STRENGTH  
PLATE LOADED**



**BETA SERIES**

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**BETA SERIES**

**SRTN 01**

INCLINE CHEST PRESS

Weight : 149kg  
Size : 1600×990×1950mm  
Packing size : 1620×1120×570mm

**SRTN 02**

ROWING LAT PULL DOWN

Weight : 160kg  
Size : 1600×1600×2030mm  
Packing size : 1620×1120×570mm

**SRTN 04**

SEATED CHEST PRESS

Weight : 160kg  
Size : 1920×1300×1880mm  
Packing size : 1620×1120×570mm

**SRTN 05**

SEATED CHEST PRESS&amp;LAT PULL DOWN

Weight : 192kg  
Size : 2150×1690×2030mm  
Packing size : 2120×1140×570mm

**SRTN 06**

ISO-LATERAL ROW

Weight : 128kg  
Size : 1500×1440×1370mm  
Packing size : 1620×1120×570mm

**SRTN 07**

WIDE CHEST PRESS

Weight : 161kg  
Size : 1220×2030×1820mm  
Packing size : 1870×1170×620mm



### SRTN 08

SQUAT LUNGE

Weight : 90kg  
 Size : 1365×1720×880mm  
 Packing size : 1470×1020×1070mm



### SRTN 09

SMITH MACHINE

Weight : 187kg  
 Size : 2230×1280×2280mm  
 Packing size : 2320×1320×470mm



### SRTN 13

SEATED DUMBBELL ROW

Weight : 160kg  
 Size : 1465×1625×2140mm  
 Packing size : 1870×1370×520mm



### SRTN 14

WEIGHT PLATE TREE

Weight : 30kg  
 Size : 760×630×1140mm  
 Packing size : 1120×820×220mm



### SRTN 15

SEATED INCLINE CHEST PRESS

Weight : 128kg  
 Size : 1280×1700×1575mm  
 Packing size : 1400×1120×570mm



### SRTN 16

FRONT LAT PULLDOWN

Weight : 155kg  
 Size : 1930×1520×2020mm  
 Packing size : 1970×1120×470mm



### SRTN 18

HORIZONTAL LEG CURL

Weight : 108kg  
 Size : 1620×1350×1020mm  
 Packing size : 1420×1020×690mm



### SRTN 20

ARM CURL

Weight : 79kg  
 Size : 1150×820×1060mm  
 Packing size : 1370×770×410mm



### SRTN 21

SHOULDER PRESS

Weight : 150kg  
 Size : 1860×1460×1920mm  
 Packing size : 1620×1120×530mm



### SRTN 22

SQUAT LUNGE

Weight : 92kg  
 Size : 1745×1655×1065mm  
 Packing size : 1470×1020×570mm



### SRTN 23

SEATED CALF MACHINE

Weight : 69kg  
 Size : 750×1260×850mm  
 Packing size : 1370×770×410mm



### SRTN 24

SHOULDER PRESS

Weight : 130kg  
 Size : 1450×1890×1570mm  
 Packing size : 1600×1050×520mm



### SRTN 25

LOW ROW

Weight : 133kg  
 Size : 1390×1370×1690mm  
 Packing size : 1620×1120×570mm



### SRTN 26

SEATED CHEST PRESS

Weight : 156kg  
 Size : 1290×1910×1860mm  
 Packing size : 1720×1120×570mm



### SRTN 27

WIDE PULLDOWN

Weight : 147kg  
 Size : 1750×1250×2060  
 Packing size : 1620×1120×570mm



### SRTN 28

LAYDOWN CHEST PRESS

Weight : 98kg  
 Size : 1790×1790×1100mm  
 Packing size : 1620×1120×570mm



### SRTN 29

SEATED BICEPS

Weight : 106kg  
 Size : 1370×1500×1520mm  
 Packing size : 1420×1120×520mm



### SRTN 31

OLYMPIC SUPER RACK

Weight : 113kg  
 Size : 1800×1780×1850mm  
 Packing size : 1820×920×370mm



### SRTN 34

FLAT BENCH

Weight : 22kg  
 Size : 1300×520×420mm  
 Packing size : 1340×390×300mm



### SRTN 38

FLAT OLYMPIC BENCH

Weight : 86kg  
 Size : 1680×1880×1290mm  
 Packing size : 1370×770×410mm



### SRTN 39

90 DEGREE LEG PRESS

Weight : 145kg  
 Size : 1270×1670×1830mm  
 Packing size : 2020×1270×420mm



### SRTN 42

INCLINE OLYMPIC BENCH

Weight : 93kg  
 Size : 1650×1880×1550mm  
 Packing size : 1670×820×520mm



### SRTN 44

CHIN UP/DIP & KNEE UP

Weight : 100kg  
 Size : 1120×1170×2350mm  
 Packing size : 2420×1170×520mm



### SRTN 45

ADJUSTABLE ABDOMINAL

Weight : 45kg  
 Size : 1520×680×1020mm  
 Packing size : 1720×620×670mm



### SRTN 50

DUMBBELL RACK

Weight : 60kg  
 Size : 2095×520×790mm  
 Packing size : 2340×310×190mm



### SRTN 51

75 DEGREE INCLINE BENCH

Weight : 28kg  
 Size : 1300×580×960mm  
 Packing size : 1370×770×430mm



### SRTN 56

INCLINE PECFLY

Weight : 107kg  
 Size : 1630×1640×1100mm  
 Packing size : 1580×740×470mm



### SRTN 66

KNEELING LEG CURL

Weight : 105kg  
 Size : 1685×1415×1150mm  
 Packing size : 1270×1470×550mm



### SRTN 67

SEATED DIP

Weight : 118kg  
 Size : 1753×1575×106mm  
 Packing size : 1870×1020×570mm



### SRTN 68

PULL OVER

Weight : 150kg  
 Size : 1670×1935×1670mm  
 Packing size : 1580×1320×570mm



**SRTN 71**

V SQUAT

Weight : 210kg  
Size : 2200×1290×1840mm  
Packing size : 1870×1020×770mm

**SRTN 72**

ABDOMINAL

Weight : 130kg  
Size : 1180×1360×1520mm  
Packing size : 1370×1120×620mm

**SRTN 73**

DECLINE BENCH

Weight : 90kg  
Size : 2150×1880×1290mm  
Packing size : 1470×1020×520mm

**SRTN 87**

ADJUSTABLE BENCH

Weight : 45kg  
Size : 1410×680×450mm  
Packing size : 1370×450×340mm

**SRTN 89**

ROMAN CHAIR

Weight : 59kg  
Size : 1540×750×820mm  
Packing size : 1220×720×520mm

**SRTN 91**

45 DEGREE LEG PRESS

Weight : 260kg  
Size : 2400×1610×1480mm  
Packing size : 2270×1120×850mm

**SRTN 92**

ABDOMINAL

Weight : 43kg  
Size : 1110×570×500mm  
Packing size : 1070×620×400mm

**SRTN 96**

BARBELL RACK

Weight : 98kg  
Size : 980×750×1520mm  
Packing size : 1670×1120×270mm

**SRTN 114**

HACK SLIDE

Weight : 230kg  
Size : 2246×1643×1382mm  
Packing size : 2140×1120×730mm

**SRTN 115**

DELTS MACHINE

Weight : 113kg  
Size : 1760×930×1680mm  
Packing size : 1820×1120×570mm

**SRTN 116**

SMITH MACHINE

Weight : 270kg  
Size : 2245×1340×2285mm  
Packing size : 2420×1420×470mm

**SRTN 117**

GLUTE MACHINE

Weight : 108kg  
Size : 1190×1980×430mm  
Packing size : 2020×1100×570mm



**HARCO**

**BETA  
SERIES**

**STRENGTH  
PLATE LOADED**

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