



INFLIGHT FITNESS

VANGUARD

Four Stack Fitness System



3090MFS

218" x 80" x 94"

STATIONS

STATION 1 -- Multi-Press (Shoulder, Incline, Chest, Decline), Lat Pull, Tricep Pushdown.

STATION 2 -- Leg Extension, Leg Curl.

STATION 3 -- Bicep Curl, Low Row.

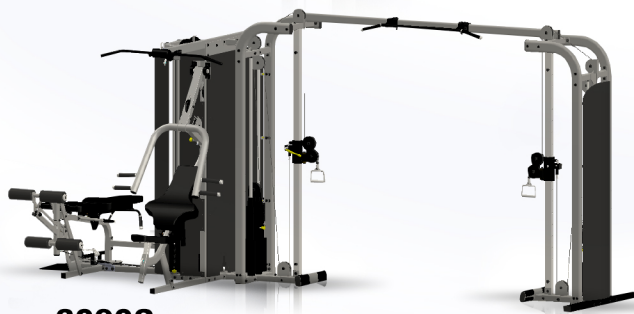
STATION 4 -- Cable Crossover.

STANDARD FEATURES

- ✓ 1" ball bearing pivots on the press arms and large 4 1/2" and 6" pulleys ensure durability and smooth operation.
- ✓ 17 height adjustments and 2:1 cable pull ratio on the cable crossover.
- ✓ Four 150lb. weight stacks (ten 10lb. plates, ten 5lb. plates).
- ✓ May be assembled as LH or RH to fit room.

OPTIONAL FEATURES

- ✓ Steel shrouds powder coated and clear coated for a mar resistant and lustrous finish.
- ✓ Weight stacks can be upgraded in 50 lb. increments up to 300 lbs.



3090S

218" x 80" x 94"



3090CS

188" x 80" x 94"

Visit www.inflightfitness.com to see our entire line of exercise equipment.