



VANGUARD

Three Stack Fitness System CDA



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.

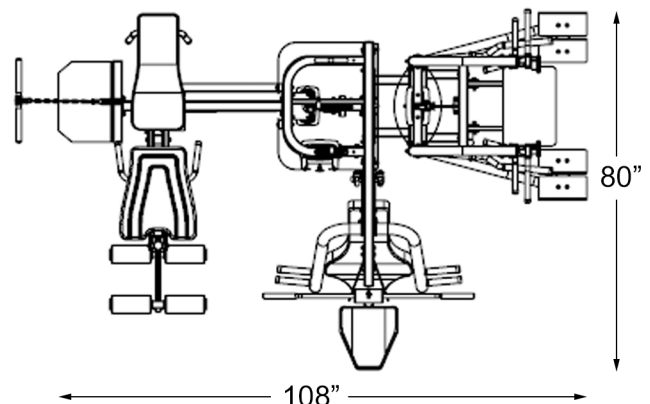
STATION 4 -- Chin Dip Assist.

STANDARD FEATURES

- ✓ 1" pillow block bearings on the press arm, 1/4" 4000 pound rated cables and large 4 1/2" and 6" pulleys ensure durability and quiet smooth operation.
- ✓ Two 150lb. weight stacks (ten 10lb. plates, ten 5lb. plates) One 200lb. stack (twenty 10lb. 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 each.



3070S w/3087S

100" x 80" x 87"

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