

FIRM[®]
SPAIN



The Spanish Toughness
www.firmfit.co

ABOUT US



THE FIRM'S STANDARD EMBODIES DECADES OF PRECISION, STRENGTH, AND LEGACY.

For Over 40 Years, Firm With The Tag Line Spanish Toughness Has Set The Benchmark In Fitness With Advanced Biomechanics And Unwavering Excellence. Precision, Strength, And Legacy Define Every Step Of Your Fitness Journey With Us.

15000+ GYM SETUP'S

INTELLIGENT SPANISH DESIGN

Elegant And Intelligent Spanish Design, Blending Modern Aesthetics With Innovative Functionality For A Premium Experience For Your Gym, Enhancing The User Workout Experience By Hitting Their Muscles Accurately.





15+ International Locations

WE STAND AS A TESTAMENT TO OUR COMMITMENT TO BIO-MECHANICS AND FITNESS

Elevate your gym with FIRM where cutting-edge design meets unmatched quality. Experience the premium feel crafted with 40 years of expertise. Rooted in "Spanish toughness," we redefine fitness excellence. Choose FIRM, and inspire greatness in every workout.

With over 40 years of expertise, FIRM delivers premium Quality fitness equipment, trusted by professionals and fitness enthusiasts worldwide.





WORLDWIDE
15000+
GYM SETUPS

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CARDIO SERIES

CARDIO CRAFTED FOR EVERY CHAMPION,
YOUR HEARTS BEST WORKOUT PARTNER





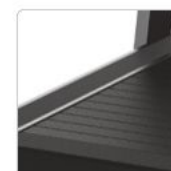
LCD Display



TFT Display



Easy movable

Speed & Incline Knob
On Handle Bar

FM500 3 IN 1 SLATE TREADMILL

Display	LED	23.8" TFT
Motor (Normal/Peak)	3/6 HP Peak	
Speed	1-22km/h	
Running Area	1600×550mm	
Incline	15 Level	
Display Reading	Time, Speed, Distance, Calories,	
Programs	36 pre-set programs +3 user's manual and 1 manual,	
	With 3 pre-set programs: Sled, running, manual running, Sled resistance training	
	from 5 to 36 sections control	
Features	Easily operation with speed knob and incline knob on handle bar, Instant speed and	With built-in speakers, With wireless charger,
	incline button on console, Bluetooth to connect APP and heartrate wireless chest belt	With headphone socket
	Wireless charger, Two wheels for transportation easily, Under manual running mode,	
	slope angle can be adjusted by power elevation, For exerciser, you can use from	
	warm-up, running, cool down, relax different function with one machine	
	Manual running without resistance	
Max. User Weight	200kgs	
Dimension (LxWxH)	1865x940x1690mm (73"x37"x66")	



MOTORIZED TREADMILL	FM1700	FM1700TFT
Display	LED Screen with white dot matrix	23.8"TFT touch screen
Motor(Normal/Peak)	6 HP Servo Motor	(4GB+64GB, 1920x1080, Industrial-grade standard,
Speed	1~25km/hr	wifi:2.4G/5G, Mirror function, Android 14)
Running Area	1600x600mm (63"x23")	Two built-in speakers, With bluetooth headphone output & bluetooth
Incline	0 to 15 level auto	heart rate receiver, With 5 virtual videos,
Display Reading	Time, Speed, Heart rate, Distance and Calories	Pre-set apps: Youtube, Spotify, Facebook, Twitter, Instagram, Kinomap
Programs	36 + 6 user programs	Elastic cushions Two built-in speakers, With bluetooth headphone
Features	Hand Pulse, Body fat function,	output & bluetooth heart rate receiver,
	Quick speed and incline button on console	With wireless charger: 10W, USB port, With 5 virtual videos,
	Double side phenolic resin running deck,	Pre-set apps: Youtube, Spotify, Facebook,
	Self-lubrication running belt Sigling (1000 hours)	Twitter, Instagram, Kinomap
	Continuous Color light strap beside running deck,	
	Usage - red, stop - green.	
	Aluminium alloy upright post, 4-pieces elastic cushions + 4pcs patent cushions,	
	Wheels for transportation easily, With wireless charger: 10W	
Max. User Weight	200Kgs	
Dimension (LxWxH)	2110x930x1810mm(83"x36"x71")	



AC Motor


 Life Time
Motor Warranty


Motor Incline

RHYMEBUS

MOTORIZED TREADMILL	FM800	FM800TFT
Display	LED Screen	24" TFT Touch Screen Display
Motor(Normal/Peak)	5.0/ 10.0 HP Peak AC Motor	
Speed	1~25km/hr	
Running Area	1620x600mm (63"x23")	
Incline	0 to 15 level auto	
Display Reading	Time, Speed, Heart rate, Distance and Calories	
Programs	36 pre-set programs + 3 user's programs	
Features	Quick Speed and Incline button on console, Aluminum alloy foot rails, 4 pieces of elastic cushions + 4pcs patent cushions, phenolic resin running deck	
Max. User Weight	200Kgs	
Dimension (LxWxH)	2145x930x1680mm (84"x36"x66")	



LED

FM900



18.5" TFT FM900TFT



32" TFT



RHYMEBUS



AC Motor

Life Time
Motor Warranty

Video (FM900 TFT)

MOTORIZED TREADMILL		FM900	FM900TFT	FM900TFT 32"
Display	LED Screen		18.5" TFT Display	32" TFT Display
Motor (Normal/Peak)	4.0 / 8.0 HP AC			
Speed	1~25Km/Hr			
Running Area	1626x585mm (64"x23")			
Incline	0 to 20 level auto			
Display Reading	Time, Speed, Incline, Heart rate, Distance and calories			
Programs	8 Exercise programs warm up, slowly, climbing, stroll, climb Mountain, Track & field, Reduce Weight, Running) 3 Customized Programs			
Features	Reduce pattern movement (1-8Km/Hr) for Rehabilitation			
	Roller 90mm size for smooth and comfortable movements			
	Shock Absorption - plane damping system			
	Long PU Handle for easy holding, RhymeBus drive for power saving, application for wider voltage range			
	Double safety protection function with both emergency stop & soft drop			
	Hi - Fi Audio system with Mp3 Audio input			
	Professional & simple use operation interface, quick button for speed, incline, program, etc.,			
	Deck Board 25mm Reversible, extra large foot rail easy handling			
Max. User Weight	180Kgs			
Dimension (LxWxH)	2140x960x1595mm (84"x38"x63")			



LED Display

CARDIO

FMC810 NON MOTORISED TREADMILL

Running area	1600x440mm(62"x17")
Resistance	4 Levels
Max User weight	150kg
Dimension (LxWxH)	1720x810x1700cm(67"x31"x66")



LED Display



FM SC01 STAIR CLIMBER

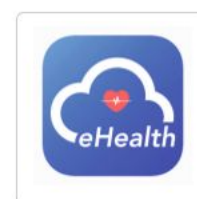
Speed	1-15 Level
Display	LED Display
Program	Provide 36 pre set programs + 1 Manual +3 user manual
Stair	Effective step:3, Total Steps:9
Net weight	173 kgs
Max. User weight	160 kgs
Assembly area (LxWxH)	1650x790x2280mm(64"x31"x89.5")



LED Display



LED Display



eHealth App Support



Ergonomic Multi Grip Handle



Dual Hand bar Pulsemeter



Large Pedals

ELLIPTICAL TRAINER	FM300	FM300TFT
Resistance	32 levels of power adjustable	32 levels of power adjustable
Stride Length	21"	15.6" TFT
Display	LED	
Flywheel	15kg	EMS-400W
Programs	12 different resistance graphics simulate	
	12 different mountain resistance road conditions	
	Personal mountain resistance, WATT, HRC	
Display Reading	Time, Speed, Distance, Pulse, Calorie, RMP, WATT	
System	Self-Generator	
Features	Hand bar Pulsemeter, Quick Button Resistance,	
	Dual hand bar, Water Bottle Holder , Adjustable foot Pad	
Max. User Weight	160kg	180kg
Assembly Area	1900x850x1760mm (75"x33"x70")	



① MOBILE PHONE HOLDER

② WATER BOTTLE HOLDER

LCD Display
(Optional)**FM600 SPIN BIKE**

Flywheel	Aluminum wheel for heavy duty workout & ensures smooth drives
Display	LCD Display
Display Reading	Time, Speed, Distance, Calories, ODO
Resistance	Magnetic system
Crank	Heavy duty 3PC cranking system
Drive system	Heavy Duty Belt drive
Seat	Ergonomic seat, adjustable Up/Down and Front/Back
Handle bar	Aluminum Anti microbial rubber coated, Multi position handle bar
Handle adjustment	Up/Down
Features	Transport wheel for easy movement, Light weight (aluminum adjustments system makes proper set up easily)
Max. User weight	170Kgs
Dimension (LxWxH)	1397x585x1143mm (55"x23"x45")

**FM735 CONCERT S SKI TRAINER**

Display	5.5 LCD Display with backlight
Display Reading	Time & Date, Stroker Rate, Time, Time/500m, Average Time/500m, Strokes, Cycle, Resistance, Watts, Average Watts, Pulse, Total Meters, Total Meter/30min, Calories, Calories/Hr
Resistance	1-16 Level
Programs	Quick start, Distance count down, Time Countdown, Calories Countdown, Time Interval, Distance interval, Calories Interval,
Features	Memory Mode, Bluetooth, Apps: D- Fit, Kinomap, Bullet proved Drive cord, Self-Generation for meter functions Wireless Receiver, Aluminium Pulley Smart phone holder
System	Air+ Magnetic System
Dimension (LxWxH)	1260x590x2186mm (49"x23"x86")

**Fm730 Concert 2 AIR Rower**

Display	5.5" LCD Display with Backlight
Display Reading	Time & Date, Stroke Rate, Time, Time/500m, Average Time/500m, Strokes, Cycle, (Resistance) Level, Watts, Average Watts, Pulse, Total Meters, Total Meter/30min, Calories, Calories/hr
Resistance	Air+ Magnetic system, Air Resistance -1- 10 Level Magnetic Resistance 11-16 Level
Programs :	Quick start, Distance, Countdown, Time Countdown, Calories Countdown, Time Interval, Distance interval, Calories interval, Memory mode
Features	Bluetooth, Apps: D-Fit, Kinomap, Dual resistance system / Self-generator for monitor display Smart phone/Tablet holder 2 Center rail stoppers for seat carriage, Wireless receiver, Transport Wheel, Handle Bar- Plastic, Chest Belt
Max. User weight	160Kgs



HIIT SERIES

FM-6800 ROWER

Display	LCD display with Blue backlight
Display reading	Resistance level, Time, Time/500m, Distance, Strokes, SPM, Total strokes, Calories, WATT, Pulse
Programs	12 programs
Resistance	Air/Magnetic resistance, Electronic Resistance Control 1-16 levels of Magnetic resistance
Max. User weight	180Kgs
Dimension (LxWxH)	2570x540x1200mm (107"x20"x43")



LCD Display



AB01 COMMERCIAL CROSSFIT AIR BIKE

Flywheel	Steel Blade
Resistance	Air Resistance Control
Display reading	Speed, Time, Distance, Calories, Watt, Pulse, RPM, Program
Program	Target 4, Interval 3 HRC 3, THR Program
Axle/Crank type	Three piece type
Nett weight	78.6Kgs
Features	Upper body / Lower body Intensity training
Max User Weight	150Kgs
Dimension (LxWxH)	1230x700x1340mm(49"x28"x53")



LCD Display



FM-AB02 AIR BIKE

Flywheel	Steel Blade
Resistance	Air resistance
Display	LCD
Display Reading	Speed, calories, distance, time, Watt, Pulse, RPM, Program
Program	1 manual program + 4 counting down programs
Crank	3 PCS strong commercial use
Net Weight	78 Kgs
Features	Large LCD Screen, With built-in receiver
Max User Weight	180 Kg
Dimensions (LxWxH)	1330x767x1325mm(52"x30"x52")



AI - CYBER SERIES

FIRST TIME IN INDIA

INNOVATION MEETS INTELLIGENCE,
SAY GOODBYE TO GUESSWORK—EMBRACE PRECISION TRAINING.

The innovative AI-Cyber series strength training leverages cutting-edge robotic technology and AI to optimize neuromuscular activation while ensuring precise exercise settings and execution. Many individuals struggle with proper strength training techniques errors like incorrect workloads, improper range of motion, inconsistent reps, tempo can hinder progress and increase the risk of injury. Achieve more in Less workout time.



Firm's Fitness Evolution

Firm's All New Cyber Series Is An Evolution In The Fitness Field A New Way To Workout, Combination Of Biomechanics With Ai Smart Technology. Giving You A Sleek Minimalistic Look With More Advantages Than Ever, From Beginners To Experienced Making The Workout Experience Seamless. Integrate Your Gym's Experience And Ensure Seamless Progress.

Traditional Equipment Is Boring With No Data Tracking Option And Limited Precision In Manual Adjustments

Why Firm's Cyber Series?

CYBER SERIES

VS

TRADITIONAL EQUIPMENT

	ADJUSTMENT ACCURACY	
	ADJUSTMENT METHOD	
	STRENGTH TEST	
	TRAINING MODE	
	TRAINING GUIDE	
	TRAINING DATA	
DIGITAL WEIGHT		TRADITIONAL EQUIPMENT
1kg		2.5/5kg
Touch Panel Precise Adjustment		Manual Insertion
AI Evaluation Of Training Weight		None
Standard/Eccentric Isokinetic/Elastic		Standard
Video Guidance Interactive Animation Guidance		Pictures
Process Data/result Data, Automatically Recorded Through The Account		None

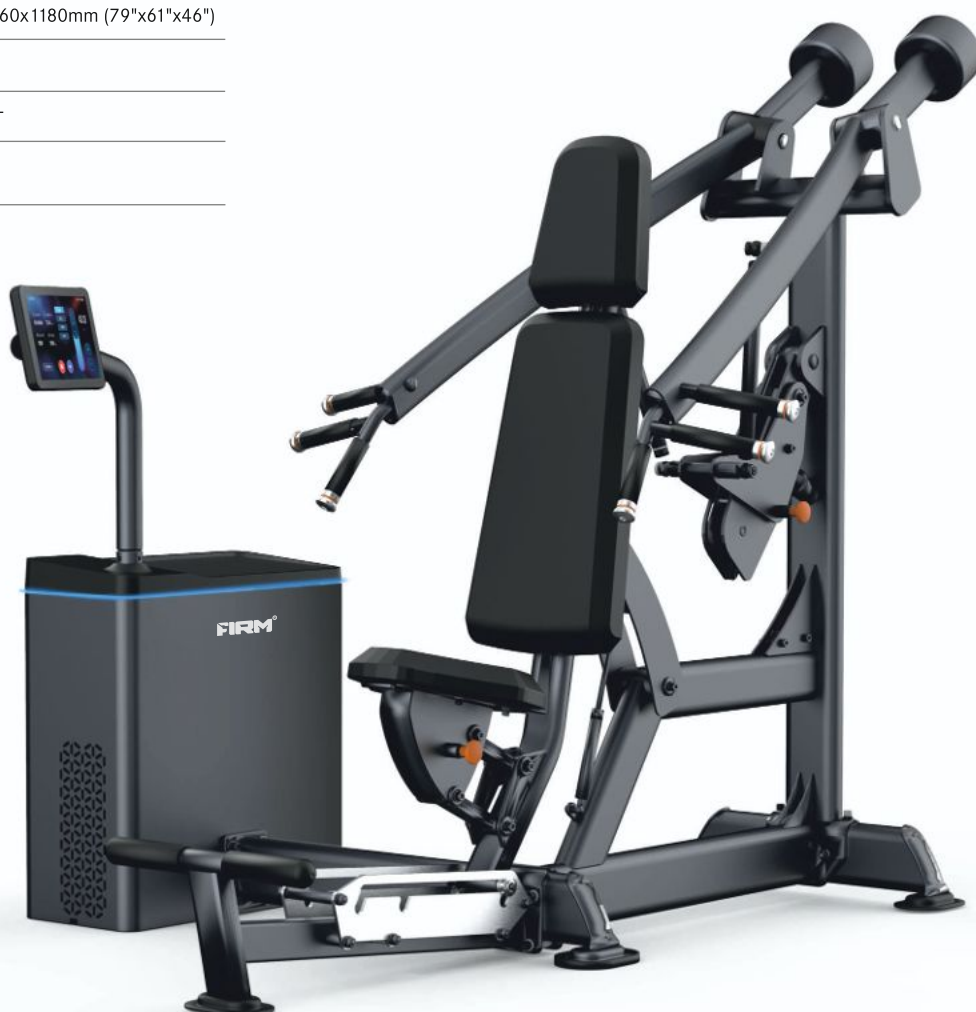
TECHNOLOGY
IS THE FIRST
PRODUCTIVE FORCE

AUTHORIZED
PATENTS

165

FM-DS01 CHEST/SHOULDER PRESS

Resistance range	0.8-102kg
Dimensions (LxWxH)	2010x1560x1180mm (79"x61"x46")
Net weight	155kg
Display	10.1" TFT
Maximum user weight	180kgs




FM-DS02 FLY/REAR DELT

Resistance range	5-78kg
Dimensions (LxWxH)	1560x1180x2080mm (61"x46"x81.5")
Net weight	122kg
Display	10.1" TFT
Maximum user weight	180kgs

STRENGTH

FM-DS04 LAT PULLDOWN

Resistance range	10-105kg
Dimensions (LxWxH)	1640x1470x1900mm (64.5"x57.5"x74.5")
Net weight	145kg
Display	10.1" TFT
Maximum user weight	180kgs


FM-DS10 SEATED ROW

Resistance range	05-120kg
Dimensions (LxWxH)	1400x1170x1170mm (55"x46"x46")
Net weight	82kg
Display	10.1" TFT
Maximum user weight	180kgs



**FM-DS08 BICEPS AND TRICEPS**

Resistance range	06-120kg
Dimensions (LxWxH)	1420x1200x1150mm (55.5"x47"x45")
Net weight	121kg
Display	10.1" TFT
Maximum user weight	180kgs

FM-DS13 SEATED SHOULDER PRESS

Resistance range	08-120kg
Dimensions (LxWxH)	1550x1080x2120mm (61"x42.5"x82")
Net weight	119kg
Display	10.1" TFT
Maximum user weight	180kgs

**FM-DS06 ABS/BACK EXTENSIONS**

Resistance range	09-120kg
Dimensions (LxWxH)	1160x1160x1170mm (45"x45"x46")
Net weight	99kg
Display	10.1" TFT
Maximum user weight	180kgs




FM-DS05 LEG EXTENSION / LEG CURL

Resistance range	08-93kg
Dimensions (LxWxH)	1440x1320x1170mm (56"x51.5"x46")
Net weight	120kg
Display	10.1" TFT
Maximum user weight	180kgs

FM-DS11 PRONE LEG CURL

Resistance range	05-120kg
Dimensions (LxWxH)	1700x1400x1150mm (66.5"x55"x45")
Net weight	112kg
Display	10.1" TFT
Maximum user weight	180kgs


FM-DS07 HIP ABDUCTION/ADDUCTION

Resistance range	40-120kg
Dimensions (LxWxH)	1890x1240x1280mm (74"x48.5"x50")
Net weight	150kg
Display	10.1" TFT
Maximum user weight	180kgs

FM-DS03 SEATED LEG PRESS

Resistance range	40-140kg
Dimensions (LxWxH)	1890x1240x1280mm (74"x48.5"x50")
Net weight	150kg
Display	10.1" TFT
Maximum user weight	180kgs

**FM-DS12 SEATED REVERSE LEG PRESS**

Resistance range	13-120kg
Dimensions (LxWxH)	1750x1180x1420mm (68.5"x46"x55")
Net weight	177kg
Display	10.1" TFT
Maximum user weight	180kgs




FM-DS09 | STANDING CALF RAISE

Resistance range	20-120kg
Dimensions (LxWxH)	1300x1180x1630mm (51"x46"x61")
Net weight	151kg
Display	10.1" TFT
Maximum user weight	180kgs

FM-DS15 | CHEST PRESS

Resistance range	7-120kg
Dimensions (LxWxH□)	1670x1150x1820mm (65.5"x45"x71.5")
Net weight	108kg
Display	10.1" TFT
Maximum user weight	180kgs




FM-DS22 FUNCTIONAL TRAINER

Resistance range	50kg x 2 stack
Dimensions (LxWxH)	1800x1900x2280mm (70.5"x74.5"x89.5")
Net weight	226kg
Display	21.5" TFT
Maximum user weight	180kgs

MAGNA SERIES

PRECISION ENGINEERED,

UNIQUELY CRAFTED

The Magna Series captivates with its stunning visual design, further enhanced by the seamless motion and intuitive touch it provides. Each piece showcases refined design details that deliver a sophisticated aesthetic, a natural interaction, and an unforgettable experience. Single and dual function machines provide a space efficient strength circuit welcoming to all users in larger or smaller spaces





DUAL

FM8003 PEC FLY / REAR DELT

Dimension(LxWxH) 1499x1326x2024mm (59"x52"x79")

M/C Weight, Stack Weight 246Kgs 105Kgs



DUAL

FM8008 ASSISTED CHIN / DIPS

Dimension(LxWxH) 1745x1195x2430mm (68"x47"x95")

M/C Weight, Stack Weight 241Kgs, 105Kgs



DUAL

FM8026 LAT PULL DOWN / ROW

Dimension(LxWxH) 1985x1475x2247mm (95"x58"x88")

M/C Weight, Stack Weight 257Kgs, 105Kgs



DUAL

FM8029 MULTI PRESS

Dimension(LxWxH) 1365x1363x1602mm (53"x53"x63")

M/C Weight, Stack Weight 245Kgs, 105Kgs



DUAL

FM8025 LEG CURL / EXTENSION

Dimension(LxWxH) 1530x1170x1602mm (60"x46"x63")

M/C Weight, Stack Weight 272kgs, 105kgs



DUAL

FM8020 ABDUCTION/ADDUCTION

Dimension(LxWxH) 1536x730x1689mm (60"x28"x66")

M/C Weight, Stack Weight 246Kgs, 80/ 105Kgs


FM8001 CHEST PRESS

Dimension(LxWxH) 1435x1390x1602mm (56"x54"x63")

M/C Weight, Stack Weight 237Kgs, 105Kgs


FM8004 SHOULDER PRESS

Dimension(LxWxH) 1675x1444x1602mm (65.5"x56"x63")

M/C Weight, Stack Weight 262Kgs, 105Kgs

STRENGTH



4 IN 1
MODEL

FM8034 MULTI-FLY (CHEST & SHOULDER)

Dimension(LxWxH) 1420x1020x1855mm (55"x40"x73")

M/C Weight, Stack Weight 391Kgs, 80/105 Kgs


FM8016 LEG PRESS/HACK SQUAT

Dimension(LxWxH) 1983x1022x1602mm (78"x40"x63")

M/C Weight, Stack Weight 357kgs, 140kgs



MID ROW, LOW ROW, HIGH ROW

FM8005 MULTI ADJUSTABLE ROW

Dimension(LxWxH) 2144x1145x1800mm (84"x45"x70")

M/C Weight, Stack Weight 238Kgs, 105Kgs


FM8011 LAT PULLDOWN

Dimension(LxWxH) 1335x1090x1585mm (52"x42.5"x62")

M/C Weight, Stack Weight 222Kgs, 105Kgs

**FM8028 UNIVERSAL LAT PULLDOWN**

Dimension(LxWxH) 1538x1204x2154mm (60"x40"x84")

M/C Weight, Stack Weight 265kgs, 105Kgs

**FM8006 BICEPS CURL**

Dimension(LxWxH) 1478x1151x1602mm (58"x45"x63")

M/C Weight, Stack Weight 239Kgs, 80/105Kgs

**FM8035 ABDOMINAL CRUNCH**

Dimension(LxWxH) 1339x1400x1602mm (78"x40"x63")

M/C Weight, Stack Weight 290kgs, 80/105Kgs

**FM8027 ABDOMINAL STANDING**

Dimension(LxWxH) 1365x1125x2050mm (53"x44"x80")

M/C Weight, Stack Weight 220Kgs, 60Kgs

**FM8014 LEG EXTENSION**

Dimension(LxWxH) 1394x1080x1602mm (54.5"x42"x63")

M/C Weight, Stack Weight 228Kgs, 105Kgs

**FM8015 REVERSE LEG CURL**

Dimension(LxWxH) 1641x1204x1602mm (64"x47"x63")

M/C Weight, Stack Weight 241Kgs, 105Kgs



FM8022 HIP THRUSTER

Dimension(LxWxH) 1830x1359x1581mm (72"x53"x62")

M/C Weight, Stack Weight 269kgs, 105Kgs



FM8031 ISO-LATERAL SEATED BICEPS CURL

Dimension(LxWxH) 1500x1325x1602mm (58"x45"x63")

M/C Weight, Stack Weight 232Kgs, 80kgs

STRENGTH



FM8040 MULTI BACK EXTENSION

Dimension(LxWxH) 1240x1125x1602mmmm (48.5"x44"x63")

M/C Weight, Stack Weight 300kgs, 80Kgs

MOMENTUM SERIES

PRECISION ENGINEERED,

UNIQUELY CRAFTED

The Momentum Series captivates with its stunning visual design, further enhanced by the seamless motion and intuitive touch it provides. Each piece showcases refined design details that deliver a sophisticated aesthetic, a natural interaction, and an unforgettable experience. Single and dual function machines provide a space efficient strength circuit welcoming to all users in larger or smaller spaces



Grip Adjustment:

The patented quick-release adjustable grips allow for different chest press exercises.

Feel the Power

Cable Ratio 1:15

Range Of Motion:

Quick-release adjustable grip with iso-lateral and converging motion.

Cushions:

Durable high density contoured cushion covered in double-stitched durable vinyl.

Weight Tower:

Full or half length shrouds keep hands and dirt out of the weight stack area. Integrated storage trays and holder for phones, towels, water bottles and accessories.

Exercise Placards:

Conveniently be viewed from a seated position, offer a quick reference to targeted muscle groups and proper machine set up.

Start Position:

Multistart positions allow for different chest press exercises.

Grips:

Durable and smooth TPV compound retained with aluminum collars.

Seat Adjustment:

Patented seamless adjustment design offers both of stability and smoothness. Pop-pin is color coded for quick identification.



DUAL



FM5026 PULL DOWN/ROW

Dimension(LxWxH) 2310×1204×2194mm (90"x47"x86")

M/C Weight 140kg

Stack Weight 80/100kgs

DUAL



FM5008 ASSISTED CHIN/DIP

Dimension(LxWxH) 1919×1065×2344mm (75"x41.5"x92")

M/C Weight 155kg

Stack Weight 80/100kgs



DUAL

FM5003 PEC FLY/REAR DELT

Dimension(LxWxH) 1588×923×2070mm (62"x36"x81")

M/C Weight, Stack Weight 122kg, 80/100kgs



DUAL

FM5025 LEG EXTENSION/CURL

Dimension(LxWxH) 1491×1031×1504mm (58.5"x40"x59")

M/C Weight, Stack Weight 110kg, 80/100kgs



DUAL

FM5029 MULTI PRESS

Dimension(LxWxH) 1595×1382×1504mm (62.5"x54"x59")

M/C Weight, Stack Weight 169kg, 80/100kgs



DUAL

FM5020 ABDUCTOR/ADDUCTOR

Dimension(LxWxH) 1683×744×1504mm (66"x29"x59")

M/C Weight, Stack Weight 158kg, 80/100kgs



DUAL

FM5016 LEG PRESS/HACK SQUAT

Dimension(LxWxH) 2087×1091×1824mm (82"x42.5"x71.5")

M/C Weight, Stack Weight 200kg, 80/100kgs

**FM5001** CHEST PRESS

Dimension(LxWxH) 1201×1030×1839mm (47"x40"x72")

M/C Weight, Stack Weight 110kg, 80/100kgs


FM5004 SHOULDER PRESS

Dimension(LxWxH) 1269×1361×1504mm (49"x53"x59")

M/C Weight, Stack Weight 115kg, 80/100kgs


FM5005 FM5005 SEATED ROW

Dimension(LxWxH) 1628×1069×1824mm (64"x42"x71.5")

M/C Weight, Stack Weight 108kg, 80/100kgs


FM5006 BICEPS CURL

Dimension(LxWxH) 1125×1191×1504mm (44"x46.5"x59")

M/C Weight, Stack Weight 115kg, 80/100kgs


FM5014 LEG EXTENSION

Dimension(LxWxH) 1224×1057×1504mm (48"x41.5"x59")

M/C Weight, Stack Weight 100kg, 80/100kgs


FM-5030 PULLOVER

Dimension(LxWxH) 1227x1388x1504mm
(48"x54.5"x59")

M/C Weight 124kg

Stack Weight 80/100kgs


FM-5053 HIP THRUSTER

Dimension(LxWxH) 1774x1202x1504mm
(69.5"x47"x59")

M/C Weight 150kg

Stack Weight 80/100kgs


FM-5031 REAR KICK

Dimension(LxWxH) 1376x883x1504mm
(54"x34.5"x59")

M/C Weight 100kg

Stack Weight 80/100kgs

PLATE LOADED

ENGINEERED FOR POWER, CRAFTED FOR PERFORMANCE

Equipment designed for those seeking a balance between selectorized machines and free weights. Its straightforward mechanics ensure a smooth, consistent motion path, providing an efficient and reliable strength training experience for professional body builders




FM019 **LINEAR LEG PRESS (45° DEG)**

Dimension(LxWxH) 2693x1423x1448mm (106"x56"x57")

M/C Weight 250Kgs


FM038 **V SQUAT**

Dimension(LxWxH) 2000x1652x1676mm (78"x65"x65")

M/C Weight 174Kgs


FM043 **VERTICAL LEG PRESS**

Dimension(LxWxH) 1435x2415x1925mm(55"x94"x75")

M/C Weight 200Kgs


FM033 **PENDULUM SQUAT**

Dimension(LxWxH) 2366x1475x1790mm (93"x58"x70")

M/C Weight 239 Kgs



FM021 SUPER SQUAT

Dimension(LxWxH) 1728x1397x1448mm (68"x55"x57")

M/C Weight 162Kgs



FM008 COMPOSITE LEG PRESS

Dimension(LxWxH) 2204x1616x1459mm (86"x63"x57")

M/C Weight 210Kgs



FM036 HACK SQUAT

Dimension(LxWxH) 2225x1786x1578mm (87"x70"x62")

M/C Weight 244Kgs



FM025 AB MACHINE

Dimension(LxWxH) 1117x1143x1625mm (44"x45"x64")

M/C Weight 128Kgs



FM049 CHEST FLY

Dimension(LxWxH) 1551x1414x1044mm(61"x55.5"x41")

M/C Weight 92kg



FM056 **INCLINE/SHOULDER SMITH PRESS**

Dimension(LxWxH) 1773x1887x2106mm(61"x55"x41")

M/C Weight 230kg

STRENGTH

FM057 **DECLINE/FLAT SMITH PRESS**

Dimension(LxWxH) 2142x1625x1632mm(84"x63.5"x64")

M/C Weight 225kg




FM060 ISO BENT-OVER ROW

Dimension(LxWxH) 1695x1753x1681mm(66.5"x69"x66")

M/C Weight 173kg


Fm034 STANDING MULTI FLIGHT

Dimension(LxWxH) 2138x1073x1681mm(84"x42"x66")

M/C Weight 156kg


FM009 SEATED HACK SQUAT

Dimension(LxWxH) 2227x1496x1250mm("x"x"x")

M/C Weight 227kg


FM059 SEATED HACK SQUAT

Dimension(LxWxH) 1717x1737x1107mm("x"x"x")

M/C Weight 161kg


FM001 CHEST PRESS

Dimension(LxWxH) 1093x1702x1778mm (43"x67"x70")

M/C Weight 137Kgs


FM002 INCLINE CHEST PRESS

Dimension(LxWxH) 1093x1982x1778mm (43"x78"x70")

M/C Weight 136Kgs


FM012 DECLINE CHEST PRESS

Dimension(LxWxH) 2032x1270x1778mm (80"x50"x70")

M/C Weight 150Kgs


FM003 SHOULDER PRESS

Dimension(LxWxH) 1321x1474x1423mm (52"x58"x56")

M/C Weight 130Kgs


FM004 LOW ROW

Dimension(LxWxH) 1550x1270x1702mm (61"x50"x67")

M/C Weight 131Kgs


FM005 MID ROW

Dimension(LxWxH) 1474x1270x1245mm (58"x50"x49")

M/C Weight 124Kgs


FM035 PULL OVER

Dimension(LxWxH) 1740x1600x1525mm(68"x62"x60" in)

M/C Weight 130kgs


FM045 HORIZONTAL BENCH PRESS

Dimension(LxWxH) 1906x1713x960mm(75"x67"x37")

M/C Weight 108Kgs


FFM023 INCLINE T BAR

Dimension(LxWxH) 1960x1020x1253mm (78"x41"x50")

M/C Weight 74Kgs



FM006 LAT PULL DOWN

Dimension(LxWxH) 1677x1296x1931mm (66"x51"x76")

M/C Weight 105Kgs



FM026 FRONT PULL DOWN

Dimension(LxWxH) 1402x1305x2072mm (56"x52"x70")

M/C Weight 158Kgs



FM037 CIRCULAR PULLDOWN

Dimension(LxWxH) 1561x1518x2006mm (61x59x78in)

M/C Weight 177Kgs



FM027 HIGH ROW

Dimension(LxWxH) 1874x1760x1850mm (73"x69"x72")

M/C Weight 175Kgs



FM029 UNIVERSAL FRONT PULLDOWN

Dimension(LxWxH) 1670x1335x2037mm (65"x52"x80")

M/C Weight 166Kgs



FM032 GLUTE HAM BENCH

Dimension(LxWxH) 1584x972x1477mm (63"x39"x59")

M/C Weight 70Kgs



FM050 LEG EXTENSION / PRONE LEG CURL

Dimension(LxWxH) 1345x1140x864mm (53"x45"x34")

M/C Weight 50kgs



FM014 STANDING LEG CURL

Dimension(LxWxH) 1220x1677x1397mm (48"x66"x55")

M/C Weight 125Kgs



FM016 TRICEP PRESS

Dimension(LxWxH) 1829x1042x940mm (72"x41"x37")

M/C Weight 125Kgs


FM028 SQUAT LUNGE

Dimension(LxWxH) 1670x1550x785mm

(65"x61"x31")

M/C Weight 101Kgs


FM031 HIP THRUSTER

Dimension(LxWxH) 1557x1215x912mm

(61"x48"x36")

M/C Weight 357kgs


FFM041 HIP THRUST BENCH

Dimension(LxWxH) 1956x1040x510 mm

(77"x41"x59")

M/C Weight 94 Kgs


FM044 STANDING ABDUCTOR

Dimension(LxWxH) 1670x765x1456mm

(65"x30"x57")

M/C Weight 110Kgs


FM015 SEATED CALF RAISE

Dimension(LxWxH) 1500x760x1010mm

(59"x29.5"x39.5")

M/C Weight 65kgs


FM018 BICEP CURL

Dimension(LxWxH) 1450x970x1220mm

(57"x38"x48")

M/C Weight 95kgs


FM023 LUNGE

Dimension(LxWxH) 2038x1205x480mm

(61"x50"x67")

M/C Weight 131Kgs


FM017 LEG EXTENSION

Dimension(LxWxH) 1600x1600x1260mm

(62.5"x62.5"x49")

M/C Weight 110Kgs


FM007 REAR KICK

Dimension(LxWxH) 1680x1230x1650mm

(66"x48"x65")

M/C Weight 129Kgs

PURE PRIME SERIES

FIRM Fitness plate-loaded strength series is engineered for pure performance, combining heavy-duty construction with precision biomechanics for natural, powerful movement. Independent motion and ergonomic adjustments ensure maximum muscle engagement, stability, and control under heavy loads.





Grips:

Durable and smooth TPV compound retained with aluminum collars.

Weight Horns And Storage:

Integrated stainless weight horns and storage with aluminum cap avoid the scratches.

Start Position:

Multi start positions allow for different training requirements.

Pad Adjustment:

Patented seamless adjustment design offers both stability and smoothness. Pop-pin is color coded for quick identification.



Range Of Motion:

Independent arms with converging motion allow for equal strength development and optimize training effect.

Cushions:

Durable high density contoured cushion covered in double-stitched durable vinyl.

Foot Plate:

The multi-position and non-skid foot plate accommodate varying training requirements.

Exercise Placards:

Conveniently be viewed from a seated position, offer a quick reference to targeted muscle groups and proper machine set up.



FM7001 CHEST PRESS

Dimension(LxWxH) 2101x1270x1794mm (106"x56"x57")

M/C Weight 150Kgs



FM7062 STANDING CHEST PRESS

Dimension(LxWxH) 1663x1381x1674mm (86"x63"x57")

M/C Weight 160Kgs



FM7058 PEC FLY

Dimension(LxWxH) 1699x1450x865mm(55"x94"x75")

M/C Weight 65Kgs



FM7003 SHOULDER PRESS

Dimension(LxWxH) 2000x1652x1676mm (78"x65"x65")

M/C Weight 105Kgs

**FM7006 LAT PULL DOWN**

Dimension(LxWxH) 1799x1703x2023mm (106"x56"x57")

M/C Weight 125Kgs

**FM7027 HIGH ROW**

Dimension(LxWxH) 1718x1982x2047mm (86"x63"x57")

M/C Weight 170Kgs

**FM7005 SEATED ROW**

Dimension(LxWxH) 2069x1458x1234mm(55"x94"x75")

M/C Weight 147Kgs

**FM7019 LEG PRESS**

Dimension(LxWxH) 2397x1624x1388mm (78"x65"x65")

M/C Weight 263Kgs

**FM7038 V-SQUAT**

Dimension(LxWxH) 2007x1260x1789mm (106"x56"x57")

M/C Weight 232Kgs

**FM7033 PENDULUM SQUAT**

Dimension(LxWxH) 1718x1982x2047mm (86"x63"x57")

M/C Weight 218Kgs


FM7017 **LEG EXTENSION**

Dimension(LxWxH) 1584x1700x1191mm(55"x94"x75")

M/C Weight 110Kgs


FM7012 **PRONE LEG CURL**

Dimension(LxWxH) 1753x1700x693mm (78"x65"x65")

M/C Weight 95Kgs


FM7013 **BELT SQUAT**

Dimension(LxWxH) 1885x1680x1370mm (106"x56"x57")

M/C Weight 158Kgs


FM7041 **HIP THRUSTER**

Dimension(LxWxH) 1885x1285x1112mm (86"x63"x57")

M/C Weight 118Kgs


FM7063 **ABDOMINALS CRUNCH**

Dimension(LxWxH) 1130x1279x1597mm (44"x50"x62.5")

M/C Weight 116kgs


FM7064 **LEG PRESS/HACK SQUAT**

Dimension(LxWxH) 2350x1277x1380mm (92.5"x50"x54")

M/C Weight 230kgs

CABLE & FUNCTIONAL TRAINERS

FIRM Fitness Cable Motion Tech offers dynamic, versatile, multi-dimensional strength training. Its user-defined motion paths provide limitless exercise options, promoting balance, strength, and power.



FM8021 FUNCTIONAL TRAINER

Dimension(LxWxH) 1745x1080x2405mm (68"x42"x94")

M/C Weight 396Kgs

Stack Weight 105x2 = 210Kgs


FM8024 CABLE CROSSOVER

Dimension(LxWxH) 3950x701x2395mm (155"x28"x94")

M/C Weight 414Kgs

Stack Weight 105x2 = 210Kgs



FFM022 CABLE CROSS OVER

Dimension(LxWxH)	3607x1474x2388mm (142"x58"x94")	Pulley	4 - 1/7" & 6" Dia reinforced nylon pulley
M/C Weight	483Kgs	Cable	5mm Nylon coated pulley cable meets our military specification of 1500 LBS Carry
Stack Weight	100Kgsx2 = 200Kgs	Frame	5mm Gauge steel frame ensures maximum structural integrity
	Dual weight stacks 1/2:1 resistance ratio reduces inertia and allows for high steel structure full height front & rear for safety and smoothness	Hand grips	Hand Grips are durable urethane components. Grips are retained with an aluminum collar, preventing them from slipping down



FM8023 4 STACK MULTI STATION

Dimension(LxWxH)	3545x2240x2395mm (139"x88"x94")
M/C Weight	663Kgs
Stack Weight	105Kgs x 4 = 420Kgs



Adjustable Cable Column & Latpull Down



Adjustable Cable Column & Latpull Down & Triceps down





FM6001 SMITH MACHINE

Dimension(LxWxH) 2252x1029x2357mm(88"x40"x84")

M/C Weight 202 Kgs



FM9950 FUNCTIONAL TRAINER CUM SMITH

Dimension(LxWxH) 2351x1367x2159mm (92"x53"x85")

M/C Weight 342Kgs

Stack Weight 170lbs x 2 = 340lbs

**FM-D75 DUAL CABLE CROSSOVER**

Dimension (LxWxH) 3070x1520x2057mm 1360 X 1005 X 2141mm(121x60x81")

- | | |
|----------|--|
| Features | <ul style="list-style-type: none"> • Dual Cable Cross works the entire body. • USER-DEFINED MOVEMENT -any movement pattern, counterbalanced arms rotate independently with 12 vertical and 9 horizontal settings. • Improves strength, balance, stability and coordination by performing movements that mimic life's everyday activities. • The Dual Cable Cross has two independent weight stacks, accommodating two users at the same time, and an open design, making it inclusive for all fitness abilities, including users in wheelchairs. swivel pulley design creates fluid cable travel and a nearly unlimited range of motion. |
|----------|--|

M/C Weight 172 kg

Stack weight 2 X 80 kg (optional 2 X 25 kg)

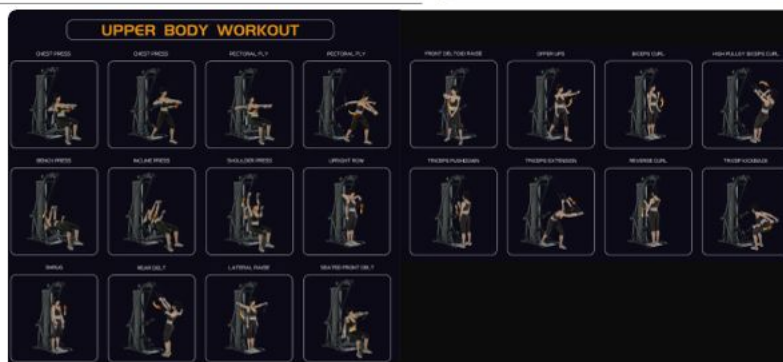
**FM-G20 STUDIO PRO**

Dimension(LxWxH) 1070x965x2030mm (42"x38"x80")

- | | |
|----------|---|
| Features | <ul style="list-style-type: none"> • High quality commercial construction and modern styling • Compact and space efficient single tower design fits any space including a tight corner • 6 Engagement points offer wide range of traditional, sports specific, and functional training exercise choices • 18 exercises in 6 categories: Legs, Chest & Back, Shoulders, Arms, Core, and Sports Specific. |
|----------|---|

M/C Weight 217kgs

Stack Weight 90Kgs



BENCHES & RACKS

**DURABILITY AND COMFORT IN EVERY DESIGN SLEEK,
STRONG AND BUILT TO LAST**



**FM6004 FLAT OLYMPIC BENCH**

Dimension(LxWxH) 1669x1589x1306mm

(65"x66"x55")

M/C Weight 77Kgs

**FM6005 INCLINE OLYMPIC BENCH**

Dimension(LxWxH) 1824x1678x1566mm

(65"x59"x73")

M/C Weight 105Kgs

**FM6006 DECLINE OLYMPIC BENCH**

Dimension(LxWxH) 1669x1971x1324mm

(65"x77"x54")

M/C Weight 90Kgs

**FM-B51 MULTIPRESS & SQUAT RACK**

Dimension(LxWxH) 1751x1565x1751mm

(68"x62"x68")

M/C Weight 187kgs

**FM6025 MULTI AB BENCH**

Dimension(LxWxH) 1666x740x890mm

(65"x29"x35")

M/C Weight 48Kgs

**FM6016 ADJUSTABLE BENCH**

Dimension(LxWxH) 1366x746x440mm

(53"x29"x17")

M/C Weight 44Kgs

**FM6014M FLAT BENCH**

Dimension(LxWxH) 1214x746x423mm

(48"x29"x16")

M/C Weight 22Kgs

**FBS020 SUPER FID**

Dimension(LxWxH) 750x850x1340mm

(68"x33"x52")

M/C Weight 50kg

**FMB-21 ADJUSTABLE BENCH**

Dimension(LxWxH) 1140x405x458mm

(41"x16"x18")

M/C Weight 28Kgs


FM6024M UTILITY BENCH

Dimension (LxWxH) 809x746x928mm

(32"x29"x36")

M/C Weight 24Kgs


FM6020 PREACHER BENCH

Dimension(LxWxH) 1276x786x940mm

(50"x30"x37")

M/C Weight 60Kgs


FM6021 WEIGHT PLATE TREE

Dimension(LxWxH) 776x547x907mm

(30.5"x21"x35")

M/C Weight 24Kgs


FM6012 DUMBBELL RACK (10 PAIR)

Dimension(LxWxH) 2266x584x778mm

(89"x23"x30")

M/C Weight 80Kgs


FM6027 DUMBBELL RACK (15 PAIR)

Dimension(LxWxH) 2260x630x1050mm

(89"x24"x41")

M/C Weight 121Kgs


FM9201 FLAT BENCH

Dimension(LxWxH) 1411x647x402mm

(55"x25"x15")

M/C Weight 25kgs


FM6010 HYPER EXTENSION

Dimension(LxWxH) 1145x955x750mm

(45"x37"x29")

M/C Weight 42Kgs


FM6031 BARBELL RACK

Dimension(LxWxH) 822x762x1510mm

(32"x30"x59")

M/C Weight 66Kgs

FM6008 PARALLEL BAR / DIP

Dimension(LxWxH) 1133x1056x2325mm

(44"x41"x91")

M/C Weight 99Kgs



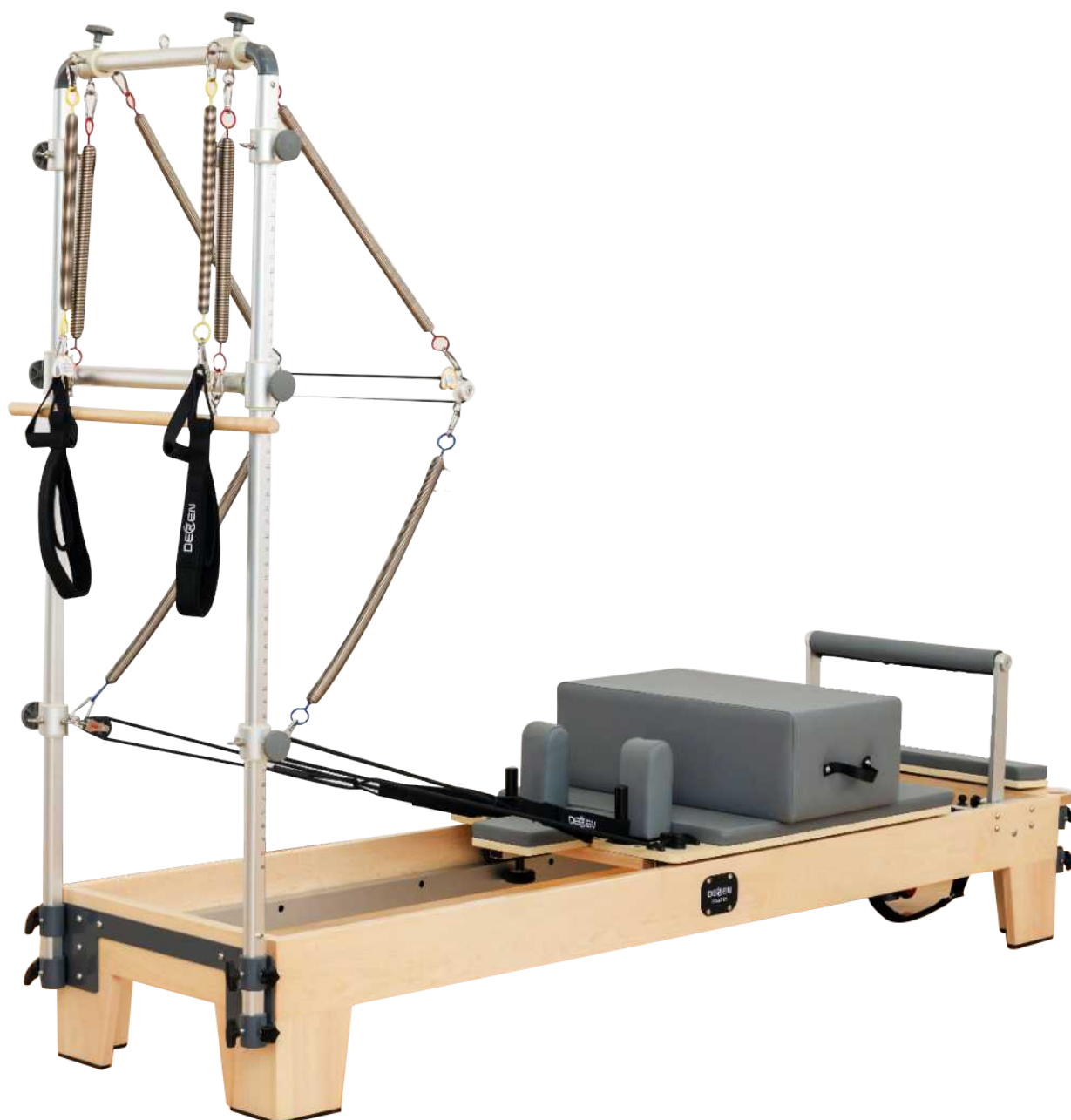
PILATES

STRONG MAPLE WOOD ENGINEERED

ENGINEERED FOR PRECISION, BUILT FOR COMFORT SLEEK,

STRONG & MADE TO LAST




FM-PL088 WOODEN REFORMER

Dimension(LxWxH)	2510X680X350mm
Net Weight	88Kgs
Material	Maple Wood
Spring	German Made Wagener Piano wire springs
Cushion	Micro Fiber
Accessories	1X Sitting box
	1X Padded Foot Extension Board
	1X Jump Board
	1X Foot Strap

**FM-PL066 LADDER BARREL**

Dimension(LxWxH)	1270X800X1010mm
Net Weight	36Kgs
Material	Maple Wood
Cushion Micro	Micro Fiber
Accessories	1XStabilizing Pole

**FM-PL055 SPINE CORRECTOR**

Dimension(LxWxH)	930X420X330mm
Net Weight	13Kgs
Material	Maple Wood
Cushion	Micro Fiber
Accessories	1XFriction Pole

FM-PL077 WUNDA CHAIR

Dimension(LxWxH)	840X670X1110mm
Net Weight	34kgs
Material	Maple Wood
Spring	German Made Wagener Piano wire springs
Cushion	Micro Fiber
Accessories	Accessories 1XRemovable High Handles
	1XConnector Pole
	1XResistance Bands





FM-PLT03 LADDER BARREL

Dimension (LxWxH) 1225x810x1000mm
(48"x31"x39")

M/C Weight 41kgs

User Weight 150kgs

Frame Thickness 2.0mm

Frame Material Steel

FM-PLT04 WUNDA CHAIR

Dimension (LxWxH) 805x750x1340mm
(31"x29"x52")

M/C Weight 32kgs

User Weight 150kgs

Frame Thickness 2.0mm

Frame Material Steel





AI-3058
PU POLYGON DUMBBELL
2.5, 5.0, 7.5, 10, 12.5, 15, 17.5, 20, 22.5,
25, 27.5, 30, 35, 40, 45, 50 KG



AI3060
Weight plate rubber (IMPORTED)
2.5, 5, 7.5, 10, 12.5, 15, 20, 25



AI-3021 EZ BAR
(4 FEET- 10KG)
WEIGHT CAPACITY - 300 lbs



AI-3021 BAR
(4, 5, 6, 7 FEET- 10KG)
WEIGHT CAPACITY - 300 lbs



AI-3012 - Fixed Barbell Straight
(5kg to 30kg)



AI-3011 - Fixed Barbell Curl
(5kg to 30kg)

FIRM[®]
SPAIN

www.firmfit.co

OUR CORPORATE OFFICE

FIRM Fitness SSN SQUARE, DOOR NO.84, (THIRD FLOOR), PUDUR MAIN ROAD, PEELAMEDU, COIMBATORE - 641 004

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