

SPARND[®]
FITNESS EQUIPMENT

INDIA | UAE | KSA

**SHAPE-UP
YOUR
BODY**

≡ SINGLE STATION ≡

SOLID SERIES




Navratna Chs Ltd, Bldg No.4, Gala No:11
Jaku Club, Santacruz East,
Mumbai: 400055

9004012501 / 9136975713 / 9819013538





SOLID-001 Chest Press

-  Weight: 150kg
-  Size: 1386x1298x1650mm
-  Gross Weight: 285kg



SOLID-002A Pec Fly/Rear Delt

-  Weight: 150kg
-  Size: 1532x1122x2059mm
-  Gross Weight: 270kg
-  Weight Stack: 100kg






SOLID-003 Seated & Horizontal Shoulder Press




-  Weight: 150kg
-  Size: 1950x1460x1660mm
-  Gross Weight: 276kg
-  Weight Stack: 100kg






SOLID-003 Shoulder Press

-  Weight: 150kg
-  Size: 1443x1450x1650mm
-  Gross Weight: 273kg


**SOLID-006** Biceps Curl

-  Weight: 150kg
-  Size: 1272x935x1650mm
-  Gross Weight: 250kg


**SOLID-007** Seated Row

-  Weight: 150kg
-  Size: 1481x1160x1650mm
-  Gross Weight: 285kg

**SOLID-007A** Triceps Press




-  Weight: 150kg
-  Size: 1481x1160x1650mm
-  Gross Weight: 285kg

**SOLID-008** Assisted Chin/Dip

-  Weight: 150kg
-  Size: 1415x1423x2379mm
-  Gross Weight: 320kg
-  Weight Stack: 100kg






SOLID-009 Lower Back

-  Weight: 150kg
-  Size: 1446x980x1650mm
-  Gross Weight: 264kg





SOLID-010 Abdominal Crunch

-  Weight: 150kg
-  Size: 1498x1059x1650mm
-  Gross Weight: 228kg





SOLID-011 Rotary Torso




-  Weight: 150kg
-  Size: 1223x1138x1650mm
-  Gross Weight: 239kg






SOLID-12 High Pulley/Row

-  Weight: 150kg
-  Size: 1900x1520x2100mm
-  Gross Weight: 280kg
-  Weight Stack: 100kg


**SOLID-012** Lat Pull Down

-  Weight: 150kg
-  Size: 1339x1365x2288mm
-  Gross Weight: 306kg




**SOLID-012A** Seated Horizontal Pulley

-  Weight: 150kg
-  Size: 1786x1020x1650mm
-  Gross Weight: 259kg

**SOLID-013A** Horizontal Leg Curl




-  Weight: 150kg
-  Size: 1652x1032x1650mm
-  Gross Weight: 275kg

**SOLID-014** Leg Extension

-  Weight: 150kg
-  Size: 1424x1035x1650mm
-  Gross Weight: 295kg






SOLID-15 Leg Press

-  Weight: 150kg
-  Size: 1985x1034x1650mm
-  Gross Weight: 314kg




SOLID-016A Glute Kickback

-  Weight: 150kg
-  Size: 1400x920x1650mm
-  Gross Weight: 246kg





SOLID-017 Calf Machine




-  Weight: 150kg
-  Size: 1589x1132x1650mm
-  Gross Weight: 257kg



SOLID-018 Inner Thigh Adductor

-  Weight: 150kg
-  Size: 1635x750x1650mm
-  Gross Weight: 270kg




**SOLID-019** Outer Thigh Abductor

-  Weight: 150kg
-  Size: 1635x750x1650mm
-  Gross Weight: 262kg

**SOLID-0607** Biceps/Triceps

-  Weight: 150kg
-  Size: 1250x1250x1660mm
-  Gross Weight: 263kg
-  Weight Stack: 100kg

**SOLID-0910** Horizontal Leg Curl

-  Weight: 210kg
-  Size: 250x1250x1660mm
-  N.W.:215kgs

**SOLID-1314** Leg Extension/Legcurl

-  Weight: 150kg
-  Size: 1400x1200x1660mm
-  Gross Weight: 295kg
-  Weight Stack: 100kg



SOLID-1819 Abductor/Adductor

- 🔒 Weight: 150kg
- 📏 Size: 1600x1000x1600mm
- 📦 Gross Weight: 285kg
- 📦 Weight Stack: 100kg