

## Star Trac Instinct™ Specifications

Product code	Machine	Dimensions (in)			Dimensions (cm)			Weight (lbs)			Weight (kg)		
		Width	Length	Height	Width	Length	Height	Stack	Machine	Shipping	Stack	Machine	Shipping
<b>Instinct Single Function machines</b>													
IN-S1010	Leg extension	37	41	55	94	104	140	190	393	436	86	179	198
IN-S1011	Leg curl	37	56	55	94	142	140	190	410	469	86	186	213
IN-S1012	Glute press	37	67	55	94	170	140	120	300	354	55	136	161
IN-S2100	Chest press	28	49	55	71	124	140	235	465	477	107	211	217
IN-S2301	Incline press	56	53	55	142	135	140	190	462	475	86	210	216
IN-S3310	Lat pull down	47	60	73	119	152	185	235	474	554	107	215	252
IN-S3320	Vertical row	46	48	55	117	122	140	235	386	460	107	175	209
IN-S4100	Shoulder press	53	58	55	135	147	140	190	441	460	86	200	209
IN-S5100	Biceps curl	39	52	55	99	132	140	190	404	416	86	184	189
IN-S5110	Triceps extension	39	40	55	99	102	140	190	397	416	86	180	189
IN-S5130	Triceps press	61	44	55	155	112	140	190	458	469	86	208	213
IN-S6300	Rotary torso	38	39	55	97	99	140	190	415	423	86	189	192
<b>Instinct Dual Function machines</b>													
IN-D1013	Leg press / Calf raise	39	74	55	99	188	140	235	661	689	107	300	313
IN-D1014	Leg extension / leg curl	37	56	55	94	142	140	190	426	484	86	194	220
IN-D1015	Inner / Outer thigh	27	57	55	69	145	140	150	385	498	68	175	226
IN-D2002	Dual adjustable pulley	36	66	88	91	168	224	2 x 235	682	894	2 x 107	310	406
IN-D2110	Pectoral fly / Rear deltoid	50	54	79	127	137	201	190	415	473	86	189	215
IN-D2120	Multi press	55	74	55	140	188	140	235	491	539	107	223	245
IN-D3340	Lat pull down / Vertical row	47	50	84	119	127	213	235	441	513	107	200	233
IN-D5120	Biceps curl / Triceps extension	39	52	55	99	132	140	190	410	425	86	186	193
IN-D6330	Abdominal / Low back	40	45	55	102	114	140	120	363	369	55	165	168
<b>Instinct Benches and Racks</b>													
IN-B7200	Adj. Abdominal / Decline bench	25	53	34	64	135	86		66	79		30	36
IN-B7201	Olympic incline bench	61	63	69	155	160	175		331	348		150	158
IN-B7501	Multi adjustable bench	27	55	18	69	140	46		75	88		34	40
IN-B7502	45° back extension	32	54	39	81	137	99		88	101		40	46
IN-B7503	Olympic flat bench	61	63	54	155	160	137		198	213		90	97
IN-B7505	Ab Bench	37	64	42	94	163	107		143	156		65	71
IN-R8001	Dumbbell rack 2 tier	29	105	37	74	267	94		201	227		91	103
IN-R8002	Dumbbell rack 3 tier	29	69	50	74	175	127		225	255		102	116
IN-R8003	Olympic plate tree	44	44	45	112	112	114		143	156		65	71