

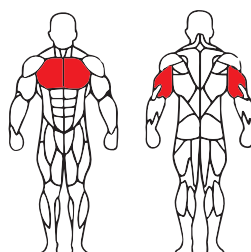
HS SERIES









GYMQUIP

HS 01 CHEST PRESS



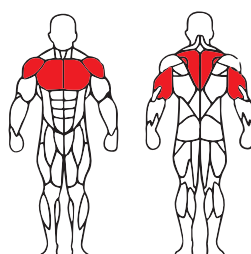
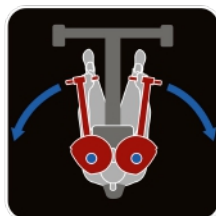
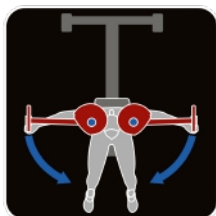
Features:

-  Weight: 229kg
-  Size: 1500×1100×1630mm
-  Packing Size: 1720×1120×520mm
-  Weight Stack: 96kg+4.6kg





Action essentials of Chest press in sitting position:

1. Sit on the chest pusher and choose the appropriate weight. Keep your back close to the back of the chair, step on the ground with your feet, hold the handles with both hands, and keep your palms down. Open your elbows to both sides of your body, point your forearms forward, and then straighten your arms forward. This is the starting position of the action.
2. Bend your arms slowly, put your hands back and inhale at the same time. Pay attention to control strength when returning, until the chest stretches to the limit.
3. Then straighten your arms quickly, push your hands forward and exhale at the same time.
4. The above is a complete action. Repeat the action as many times as recommended.

HS 02 PEARL DELT/PEC FLY



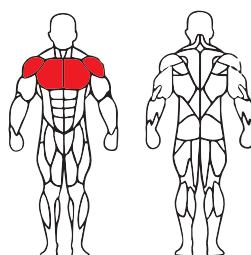
Features:

-  Weight: 228kg
-  Size: 1260×1480×1980mm
-  Packing Size: 2020×1170×320mm
-  Weight Stack: 96kg+4.6kg





Training action of the Pec fly/rear delt:

1. Align the handle with the deltoid muscle. Adjust a suitable weight, and adjust the height of the chair so that the handles are at the same height as your shoulders after you sit down. Hold the handle with palms facing inward. This is your initial position.
2. Do semi-circular exercise, pull your hands back to both sides, and contract the posterior bundle of your deltoid muscle.
3. Keep your arm slightly bent during exercise, and slowly pull the handle back to the initial position.
4. The above is a complete action. Repeat the action as many times as recommended.

HS 03 BUTTERFLY



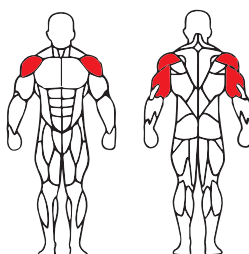
Features:

-  Weight: 228kg
-  Size: 1270×870×1980mm
-  Packing Size: 2020×1520×320mm
-  Weight Stack: 96kg+4.6kg





Butterfly clip Chest training action:

1. Align the handle with the deltoid muscle. Adjust an appropriate weight unit and set the height of the chair. Adjust your hands to shoulder height after you sit down. Hold the handle, palm inward. This is your first time Start position.
2. Do semi-circular exercise, pull your hands back to both sides, and contract the posterior bundle of your deltoid muscle.
3. Keep your arm slightly bent during exercise, and slowly pull the handle back to the initial position.
4. The above is a complete action. Repeat the action as many times as recommended.

HS 04 SHOULDER PRESS



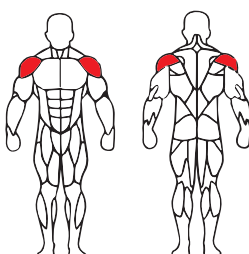
Features:

-  Weight: 224kg
-  Size: 1360×1430×1630mm
-  Packing Size: 1720×1170×390mm
-  Weight Stack: 96kg+4.6kg





Seated shoulder lift exercises:

1. Adjust the machine to the appropriate weight gear and the seat to the appropriate height. At first, the handle should be close to the top of the shoulder. You should hold your head high and hold the handle with your palm. This is your starting position.
2. Straighten the elbow and push up the handle.
3. After reaching the top, stop for a minute, and then push the weight back to the top of the initial position. The trick to keep the muscles tight is not to stop exercising until you finish the exercises.
4. The above is a complete action. Repeat the action as many times as recommended.

HS 05 LATERAL RAISE



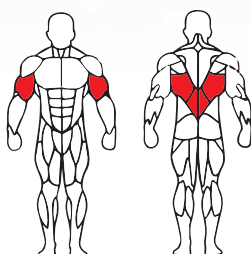
Features:

-  Weight: 233kg
-  Size: 1100×1000×1630mm
-  Packing Size: 1720×820×370mm
-  Weight Stack: 96kg+4.6kg





Shoulder training exercises:

1. select an appropriate weight gear for the machine, and sit in the direction facing the machine with the upper arm Next to the machine base plate.
2. Look forward, hold your chest and keep your spine bent naturally. This is your starting position.
3. Lift the upper arm sideways, away from the midline of the human body. Keep doing it until the upper arm is parallel to the floor.
4. Pause for a moment and return to the initial position.
5. The above is a complete action. Repeat the action as many times as recommended.

HS 06 FIXED PULLDOWN



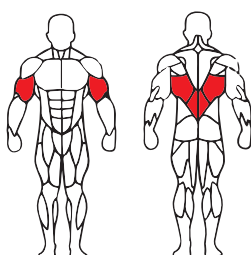
Features:

-  Weight: 228kg
-  Size: 1425×1335×1900mm
-  Packing Size: 1720×1170×390mm
-  Weight Stack: 96kg+4.6kg





High pull back exerciser action:

1. Select the appropriate weight and adjust the seat height to the appropriate posture. Hold the handle. This is the starting position of the action.
2. Pull down the handle, bend the elbow, pause when the movement reaches the minimum, and slowly restore the handle to the starting position.
3. When repeating actions, avoid completely restoring the counterweight and losing weight, and keep the muscles under constant tension
4. The above is a complete action. Repeat the action as many times as recommended.

HS 07 LAT PULLDOWN



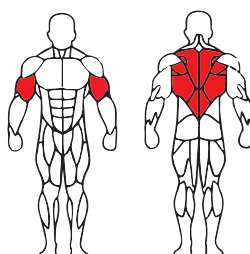
Features:

-  Weight: 202kg
-  Size: 1480×870×2265mm
-  Packing Size: 2370×1320×270mm
-  Weight Stack: 96kg+4.6kg





High pull trainer action:

1. Sit down before pulling down the training machine, and use wide handles with high pulleys. Adjust the knee pad to the proper position. Knee pads can prevent the body from rising due to resistance.
2. Hold the handle with the palm of your hand forward. Pay attention when grasping: the distance between hands exceeds the shoulder width when holding wide; Hands are as wide as shoulders in middle grip. The distance between hands is less than shoulder width in narrow grip.
3. Hold the handle in front, straighten your arms, tilt your body and head back about 30 degrees, bend your lower back and hold your chest. This is the starting position of the action.
4. While exhaling, pull the shoulder and upper arm back and down, and pull down the handle until touching the upper chest.
5. Pause for one second in the tightening posture, tighten the shoulder blades, slowly restore the handles to the starting position, straighten the arms, and fully extend the latissimus dorsi.

HS 08 ROWING MACHINE



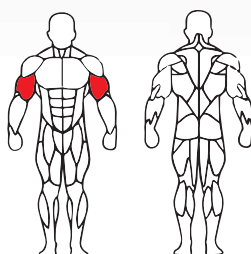
Features:

-  Weight: 234kg
-  Size: 1280×860×1915mm
-  Packing Size: 2020×1120×470mm
-  Weight Stack: 96kg+4.6kg

Seated rowing trainer movements:

1. Add proper weight to the exercise machine and adjust the height of the seat so that the handle and chest are flush. Hold the handle, either neutral or positive. This is the starting position of the action.
2. Pull the handle toward the body, and tighten the shoulder blade when the elbow bends.
3. Pause when the action reaches the bottom, and slowly restore the handle to the starting position. When repeating actions, avoid restoring the balance weight completely and keep the muscles in constant tension.
4. The above is a complete action. Repeat the action as many times as recommended.

HS 09 BICEPS CURL



Features:



Weight:198kg



Size:1140×1100×1400mm



Packing Size:1720×820×370mm

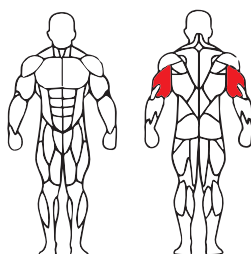


Weight Stack:96kg+4.6kg





Biceps exerciser action:

1. Sit on biceps training equipment and select the weight.
2. Put the back side of your arm (your triceps) on the trainer backrest and hold the handle with the reverse grip (palm up). Tip: Make sure you can keep your elbows adducted when you put your arms on the backrest. This is the starting position of the action.
3. When you exhale, retract biceps brachii and lift the handle. In the top position, the peak shrinks for one second. Tip: Only the forearm moves. The upper arm should remain stationary and always lean against the back plate.
4. Slowly return to the starting position and inhale at the same time.
5. The above is a complete action. Repeat the action as many times as recommended.

HS 10 TRICEPS EXTENSION



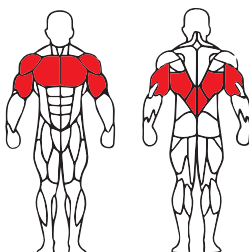
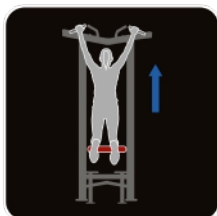
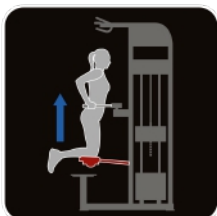
Features:

-  N.W:209kg
-  Size:1140×1100×1400mm
-  Packing Size:1620×820×320mm
-  Weight Stack:96kg+4.6kg





Action essentials of triceps trainer:

1. Sit on the triceps training equipment and select the weight.
2. Place the back side of your arm (your triceps) on the back plate of the trainer, and hold the handle with the palm opposite to each other. This is the starting position of the action.
3. When you exhale, contract the triceps brachii pull-down handle. In the bottom position, the peak shrinks for one second. Tip: Only the forearm moves. The upper arm should remain stationary and always lean against the back plate.
4. Slowly return to the starting position and inhale at the same time.
5. The above is a complete action. Repeat the action as many times as recommended.

HS 11 DIP / CHIN ASSIST



Features:

-  N.W:304kg
-  Size:1200×1100×2200mm
-  Packing Size:2270×820×420mm
-  Weight Stack:96kg+4.6kg

Single parallel bars exerciser upper limb flexion and extension:

horizontal bar: 1. Bring your legs together and kneel on the weight board to support your body weight. Use the backhand grip with your hands. The width of the grip should be slightly wider than the shoulder width. The arms should be fully extended. This is the starting position of the action. .

2. Keep your body straight and contract the latissimus dorsi to make your body ascend as possible and your elbows down.

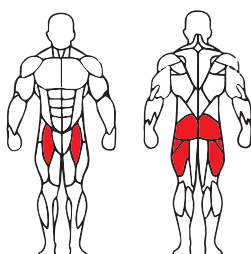
3. Relax slowly so that your arms are fully extended. Repeat this action up to the specified number of times.

parallel bars: 1. Straighten the arms, the elbows will be locked but not locked, and the body is higher than the double poles.





2. Inhale and slowly lower your body down. Your torso should be kept upright and your elbows should be close to your body. This helps to better exercise the triceps. Lower your body until your forearm and upper arm form a 90-degree angle.

3. Then, exhale, contract the triceps muscles to push the body back to the starting position, and repeat the action to the specified number of times.

HS 12 LEG PRESS



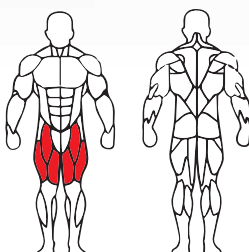
Features:

-  N.W:334kg
-  Size:1860×1070×1800mm
-  Packing Size:1920×1120×530mm
-  Weight Stack:124kg+4.6kg





Seated kick trainer action:

1. Adjust the instrument to the bottom position and sit down.
2. Choose the weight that suits your training, then put your feet on the platform and keep it slightly larger than your shoulders. Wide distance; grasp the handle, maintain a good spine posture, chest straight, head Facing straight ahead. This is the starting position of the action.
3. Use the heels of your feet and stretch your hips and knees to push the seat up. Don't lock your knees.
4. After staying at the top for a while, return to the starting position without putting the weight back on the rack completely.
5. The above is a complete action, repeat the action up to the recommended number of times.

HS 13 LEG EXTENSION



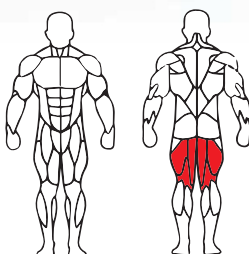
Features:

-  N.W:236kg
-  Size:1290×1050×1635mm
-  Packing Size:1820×820×470mm
-  Weight Stack:96kg+4.6kg





Actions of the sitting leg extension trainer:

1. Sit on the instrument and adjust it to the correct position posture. The boom pad should be placed on the lower part of the tibia, but don't touch your ankles. Adjust the seat so that the pivot point is at in line with the knee. Choose the right weight according to your weight ability.
2. When exhaling, stretch your legs with your quadriceps as much as possible. Make sure that the rest of the body remains on the seat. Keep in the position of muscle tension for 1 second.
3. When inhaling, slowly reduce the weight to the original position.
4. Repeat the operation to the recommended number of repetitions

HS 14 SEATED LEG CURL



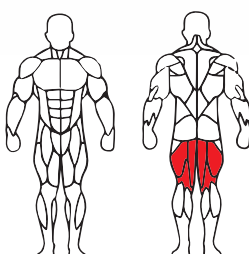
Features:

-  Weight: 252kg
-  Size: 1270×1030×1635mm
-  Packing Size: 1820×820×470mm
-  Weight Stack: 96kg+4.6kg





Actions of the seated leg curl:

1. Adjust the seat according to your height. Sit on the machine with your back resting on the back cushion.
2. Touch the cushion of the boom under your calf, make sure that the cushion above your knees is against your thighs, and then grasp hold the handle on the pad, and straighten your legs completely in front of you. This is the starting position of the action.
3. While exhaling, pull the instrument rod as far as possible towards the back of your thighs and bend your knees. Keep torso never move. Stay in the most tense muscle position for 1 second.
4. While inhaling, slowly return to the starting position.
5. Repeat the action to the recommended number of repetitions

HS 15 PRONE LEG CURL



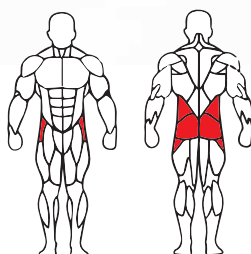
Features:

	Weight:219kg
	Size:1500×950×1400mm
	Packing Size:1620×820×420mm
	Weight Stack:96kg+4.6kg

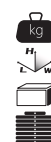
Action of Prone leg curl:

1. Lie face down on the exercise machine, with the movement cushion at the back of your legs (a few centimeters below the calf).
2. Keep the torso level on the cushion, make sure your legs are fully extended, and grab the handles on both sides of the instrument with both hands. This is the starting position of the action.
3. Bend your legs as much as possible while exhaling, but don't lift the upper thighs off the cushion. When the full tension is reached, hold it for 1 second.
4. Do not restore the leg to the original posture when inhaling; repeat the action to the recommended number of repetitions.
5. The above is a complete action. Repeat the action as many times as recommended.

HS 16 OUTER THIGH ABDUCTOR



Features:

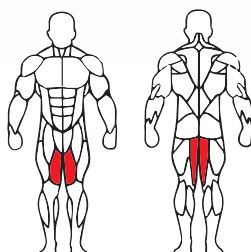
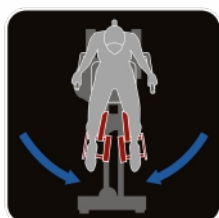


Weight: 228kg
 Size: 1500×700×1400mm
 Packing Size: 1520×820×600mm
 Weight Stack: 96kg+4.6kg

Action of lateral thigh trainer:

1. At first, sit on the thigh abduction trainer and choose a weight that you feel moderate. With your legs in place, hold the handles on both sides of the machine with both hands. Your whole upper body (above the waist) should be stationary, which will be your initial action.
 2. Push the machine outward with your legs and exhale at the same time.
 3. Pause for a few seconds when you feel muscle contraction, then take your legs back to the starting position and inhale at the same time.
 4. The above is a complete action. Repeat the action as many times as recommended.
- Note: Remember to keep your upper body in a fixed position to avoid body strain.

HS 17 INNER THIGH ADDUCTOR



Features:



Weight: 229kg



Size: 1500×700×1400mm



Packing Size: 1520×820×600mm

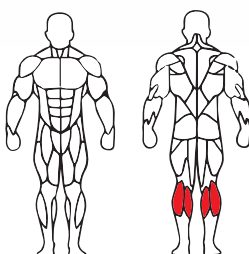


Weight Stack: 96kg+4.6kg

Action of inner thigh trainer:

1. At first, sit on the inner thigh training machine and choose a weight that you feel moderate. After the legs are correctly placed on the leg pads, hold the handles on both sides of the machine with both hands. Your whole upper body (above the waist) should be stationary, which will be your initial action.
2. Slowly draw the machine pad together with the strength of both legs and exhale at the same time.
3. Pause for a few seconds when you feel muscle contraction, then take your legs back to the starting position and inhale at the same time. Note: Remember to keep your upper body in a fixed position, and don't do this too fast to avoid body strain.

HS 18 STANDING CALF RAISE



Features:



Weight:220kg



Size:1380×1100×1830mm



Packing Size:1920×820×420mm

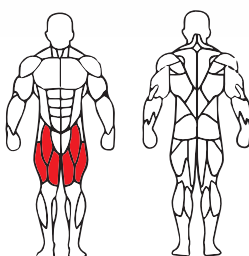
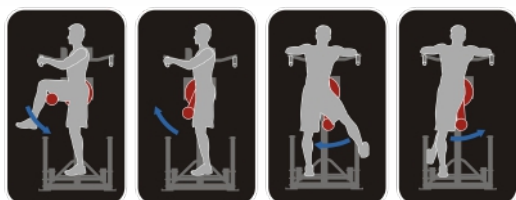


Weight Stack:96kg+4.6kg





Action of stand calf trainer:

1. According to your height, adjust the pad bar or lift heel machine.
2. Place your shoulders under the cushion with your toes pointing inward or outward.
3. Exhale and lift your feet and heels, lift your ankles as high as possible, and tighten your calf muscles. Keep your knees still at all times. When doing this action, don't bend at all times. Keep this muscular tension position for 1 second before you start to put down your heel.
4. While inhaling, slowly return to the starting position, lower the heel and bend the ankle until the calf is stretched.
5. The above is a complete action. Repeat the action as many times as recommended.

HS 20 MULTI HIP



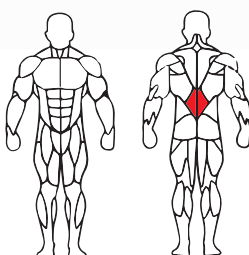
Features:

-  Weight: 240kg
-  Size: 1735×1050×1800mm
-  Packing Size: 1870×1120×420mm
-  Weight Stack: 96kg+4.6kg

Multi Hip action:

1. Adjust the leg swing trainer and choose the right weight. If you are not sure, please consult the coach.
2. Adjust the angle of your legs, hold the handle with your hands, and your head should face the front and hold out your chest, which is the starting position of the movement.
3. In the control exercise, hold the handle and swing your legs left and right.
4. When training sideways, hold your hands tightly on your chest and make your legs move up and down.
5. The above is a complete action. Repeat the action to the recommended number of times.

HS 21 BACK EXTENSION



Features:



Weight:205kg



Size:1160×1000×1400mm



Packing Size:1520×820×520mm

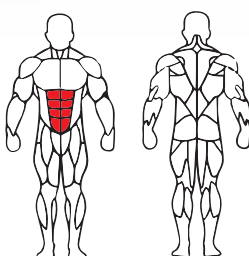


Weight Stack:96kg+4.6kg





Back extension action:

1. Adjust the waist trainer and select the appropriate weight.
2. Sit down, put your upper back against the pad lever, grasp the armrest, and step on the footstool with both feet. Your head should be Look straight ahead and hold out your chest. This is the starting position of the action.
3. Straighten your hips and waist spine, straighten your body and start to move, and push the pad lever backward.
4. Pause for a while when the action reaches the highest point, and then restore to the starting position.
5. The above is a complete action. Repeat the action as many times as recommended.

HS 22 ABDOMINAL CRUNCH



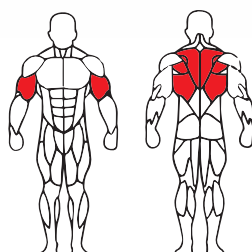
Features:

-  Weight: 214kg
-  Size: 1500×885×1400mm
-  Packing Size: 1520×870×420mm
-  Weight Stack: 96kg+4.6kg

Abdominal crunch action:

1. Choose a moderate weight, if unsure, consult a trainer
2. The head and torso are always close to the seat cushion, hold the handles on both sides of the head with both hands, and do abdominal flexion training. The movement speed is fast when sitting up, and the speed should be slowed down when falling back. Exhale as you fall.
3. According to your coach's command of training times and groups.

HS 23 LOW ROW



Features:



Weight:230kg



Size:1980×850×1800mm



Packing Size:1840×820×480mm

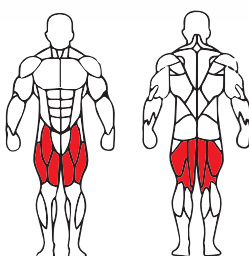
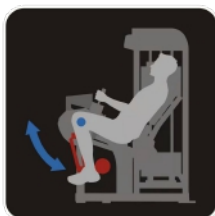


Weight Stack:96kg+4.6kg





Lat pulldown trainer action:

1. Adjust the appropriate sitting posture and choose the appropriate weight according to the arm length.
2. two pedals on the pedals, chest out, abdomen and waist, palms facing each other, holding the lever, arms tightening the body, this is the starting position of the movement.
3. Pull back to the chest, exhale at the same time, stabilize for 2 seconds, slowly return to 90% of the original path, inhale at the same time, and repeat the above actions.

HS 31 LEG CURL / EXTENSION



Features:

-  Weight: 256kg
-  Size: 1290×1050×1635mm
-  Packing Size: 1820×820×470mm
-  Weight Stack: 96kg+4.6kg

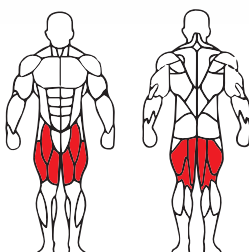
Sit-and-stretch training action:

1. Sit in the instrument and adjust it to the position where your posture is correct. The movable arm cushion should rest on the lower part of the tibia, and do not touch the ankle. Adjust the seat so that the axis point is in a straight line with the knee, and select the appropriate weight according to your ability.
2. While exhaling, use your quadriceps femoris to stretch your legs to the maximum extent, and make sure that other parts of your body remain motionless in the seat, and keep it in a tight position for 1 second.
3. While inhaling, slowly reduce the weight to the original position.
4. The above is a complete action. Repeat the action to the recommended number of times.





Sit-and-bend training action:

1. Touch the cushion of the boom under the calf, make sure that the cushion above your knees is against your thigh, and then grab the handles on the cushion, so that your legs are completely straightened in front of you, which is the starting position of the movement.
2. While exhaling, pull the instrument rod toward the back of your thigh as far as possible, bend your knees, keep your trunk still, and stay at the position where your muscles are most tense for 1 second.

HS 32 ABDUCTOR/ADDUCTOR



Features:

-  Weight: 240kg
-  Size: 1500×700×1400mm
-  Packing Size: 1520×820×600mm
-  Weight Stack: 96kg+4.6kg

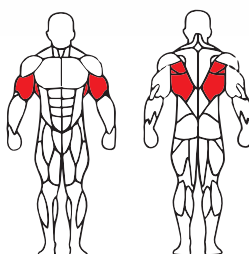
Low row trainer action:

1. At first, sit on the thigh abduction trainer and choose a weight that you feel moderate. With your legs in place, hold the handles on both sides of the machine with both hands. Your whole upper body (above the waist) should be stationary, which will be your initial action. 2. Push the machine outward with your legs and exhale at the same time. 3. Pause for a few seconds when you feel muscle contraction, then take your legs back to the starting position and inhale at the same time.





Lat pulldown trainer action:

1. At first, sit on the inner thigh training machine and choose a weight that you feel moderate. After the legs are correctly placed on the leg pads, hold the handles on both sides of the machine with both hands. Your whole upper body (above the waist) should be stationary, which will be your initial action. 2. Slowly draw the machine pad together with the strength of both legs and exhale at the same time. 3. Pause for a few seconds when you feel muscle contraction, then take your legs back to the starting position and inhale at the same time. Note: Remember to keep your upper body in a fixed position, and don't do this too fast to avoid body strain. 4. The above is a complete action. Repeat the action as many times as recommended.

HS 33 LAT PULLDOWN/LOW ROW



Features:

-  Weight: 250kg
-  Size: 2150×850×2260mm
-  Packing Size: 2370×1320×480mm
-  Weight Stack: 96kg+4.6kg

Low row trainer action:

1. Adjust the proper sitting posture according to the arm length, with two pedals on the pedals, chest out, abdomen and waist up, palms of two hands facing each other, holding the lever, and arms tightening up the body, which is the starting position of the movement. 2. Pull back to the chest, exhale at the same time, stabilize for 2 seconds, slowly return to 90% of the original path, inhale at the same time, and repeat the above actions.

Lat pulldown trainer action:

1. Sit down before pulling down the training machine, and use wide handles with high pulleys. Adjust the knee pad to the proper position. Knee pads can prevent the body from rising due to resistance. 2. Hold the handle with the palm of your hand forward. Pay attention when grasping: the distance between hands exceeds the shoulder width when holding wide; Hands are as wide as shoulders in middle grip. The distance between hands is less than shoulder width in narrow grip. 3. Hold the handle in front, straighten your arms, tilt your body and head back about 30 degrees, bend your lower back and hold your chest. This is the starting position of the action. 4. While exhaling, pull the shoulder and upper arm back and down, and pull down the handle until touching the upper chest. Pause for one second in the tightening posture, tighten the shoulder blades, slowly restore the handles to the starting position, straighten the arms, and fully extend the latissimus dorsi.



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