



# WATSON



PROUDLY MADE IN GREAT BRITAIN

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EQUIPMENT SPECIFICATIONS

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2024

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# Introducing our Animal and Original Product ranges

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Since the beginning, Watson Gym Equipment carved its own niche designing and manufacturing heavy duty, simple to use machines with great biomechanics, yet elegantly designed. This has always been, and will be always be, at the core of our Watson Original line.

In 2008 we had a customer, the owner of Spartan Performance UK, who wanted some of our Power Rack Cages. He didn't just want our standard Power Rack Cages. He wanted them 'beefed up' with thicker steel and 'add on's' like band pegs (rarely seen back then), thick and thin chinning bars plus super close hole spacing. Changes that would turn a great product into the perfect product. We called these our Animal Cages and they were instantly a hit.

Since then, we have taken many other Watson Original products and given them the 'Animal' treatment. Products from the Watson Animal range represent the pinnacle of design and biomechanics. Our product line has consistently expanded over the years. With increased adjustability, greater weight capacity, additional ISO lateral movements, and an overall commitment to excellence.

All backed by our rock-solid Watson lifetime guarantee.

PLATE LOADED



# ANIMAL LATERAL ROW

0047

Muscles worked: Biceps, Lats, Trapezius

Dimensions:

- Width: 1350mm
- Length: 1610mm
- Height: 1250mm

Total Machine Weight: • 132kg

Unloaded Weight: • 10kg per arm  
Max Weight Resistance: • 275kg per arm

Max user weight: • None

Loadable weight storage: • 2 x 180mm  
Number of Loading Pins: • 2  
Number of Storage Pins: • 2

Key selling points:

- Unique movement pattern to fully target the back muscles.
- Pivoting handles allow narrow, wide, high & low movement for maximum muscle activation.
- Independent working arms for unilateral movement, Rotating handles to allow for pronated, supinated and neutral grip position.
- Adjustable – handles, seat, chest pad.
- Pivoting chest pad for comfort.

Recommended Accessories: • Watson Pro Olympic Weight Plates.



# ANIMAL CHEST SUPPORTED T-BAR ROW

0046

Muscles worked: Biceps, Lats, Trapezius

Dimensions:

- Width: 950mm
- Length: 2065mm
- Height: 1240mm

Total Machine Weight: • 100kg

Unloaded Weight: • 20kg  
Max Weight Resistance: • 400kg

Max user weight: • None

Number of Loading Pins: • 1  
Number of Storage Pins: • 0

Key selling points:

- Free-floating handles give an incredible feel.
- Takes a load off the lower back.
- Great range of movement Isolates lats incredibly well.
- Fully adjustable handles for narrow and wide grip.
- Adjustable footplate with integrated handle and 6 settings.
- Rotating handles for pronated, supinated & neutral grip.
- Thicker chest pad for comfort.
- Optimised racking position reducing stress whilst lifting off and re-racking.

Recommended Accessories: • Watson Pro Olympic Weight Plates.



# ANIMAL LEG PRESS

0041

Muscles worked: Glutes, Quads

Dimensions:

- Width: 1230mm
- Length: 2505mm
- Height: 1405mm

Total Machine Weight: • 350kg

Unloaded Weight: • 40kg per carriage  
Max Weight Resistance: • 850kg per carriage

Max user weight: • None

Loadable weight storage: • 4 x 400mm  
Number of Loading Pins: • 2  
Number of Storage Pins: • 4

Key selling points:

- Super Smooth movement.
- Independent Carriages with the option to bolt together and make a Massive 1400mm Footplate Width.
- Perfectly positioned loading pins.
- Adjustable backrest angle.
- Revolving band pegs give smooth movement and protect bands (Banded & Reverse Banded).
- Simple to use adjustable safety stop system.
- Quick & safe release system.
- Perfectly places handles for extra support.

Recommended Accessories:

- Shoulder Brace Attachment.
- Watson Pro Olympic Weight Plates.



# ANIMAL VERTICAL LEG PRESS

0056

Muscles worked: Glutes, Quads, Hamstrings

Dimensions:	• Width:	1650mm
	• Length:	1510mm
	• Height:	2255mm

Total Machine Weight:	• 287kg
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Unloaded Weight:	• 54kg
Max Weight Resistance:	• 800kg

Max user weight:	• None
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Loadable weight storage:	• 6 x 210mm
Number of Loading Pins:	• 2
Number of Storage Pins:	• 6

Key selling points:	• Designed with Ben Pakulski.
	• Adjustable angle footplate.
	• Adjustable angle backrest.
	• Adjustable shoulder pads brace you in place.
	• Super smooth heavy-duty carriage.
	• Twin-loading pins for plenty of weight.

Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# COUNTER-BALANCED SMITH MACHINE

0090

Muscles worked: Full-body

Dimensions:

- Width: 2100mm
- Length: 1390mm
- Height: 2240mm

Total Machine Weight:

- 182kg

Unloaded Weight:

- 5kg

Max Weight Resistance:

- 675kg

Max user weight:

- None

Loadable weight storage:

- 8 x 280mm

Number of Loading Pins:

- 2

Number of Storage Pins:

- 8

Key selling points:

- Super smooth movement.
- Bar counterbalanced to 5 kg for low starting weight.
- Perfect for all lifting abilities.
- 8 x Plate storage pins included.

Recommended Accessories:

- Watson Pro Olympic Weight Plates.



# FRONT PULLDOWN

0101

Muscles worked: Biceps, Lats

Dimensions:

- Width: 1565mm
- Length: 1300mm
- Height: 2310mm

Total Machine Weight:

- 135kg

Unloaded Weight:

Max Weight Resistance:

- 1kg per arm
- 375kg each arm

Max user weight:

- None

Loadable weight storage:

Number of Loading Pins:

Number of Storage Pins:

- 2 x 310mm
- 2
- 2

Key selling points:

- Perfect machine to isolate lats.
- Diverging arms gives the most natural feel.
- Freemoving handles.
- Plate storage fitted as standard.
- Compact footprint.
- An adjustable seat allows you to get locked into position.

Recommended Accessories:

- Watson Pro Olympic Weight Plates.



# GLUTE BLASTER

0053

Muscles worked: Glutes, Quads

Dimensions:	• Width:	950mm
	• Length:	1620mm
	• Height:	965mm

Total Machine Weight:	• 125kg
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Unloaded Weight:	• 14kg
Max Weight Resistance:	• 1250kg

Max user weight:	• None
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Number of Loading Pins:	• 2
Number of Storage Pins:	• 0

Key selling points:	• Incredible device for effectively targeting the glutes and hamstrings.
	• Adjustable foot plate angle.
	• Multiple band pegs.
	• Easy locking system.
	• Super Comfortable pad.
	• Extremely heavy-duty and comfortable belt.

Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# ANIMAL ADJUSTABLE HACK SQUAT

0042

Muscles worked: Glutes, Quads, Hamstrings

Dimensions:

- Width: 1750mm
- Length: 2190mm
- Height: 1200mm

Total Machine Weight: • 260kg

Unloaded Weight:

- 60 degree = 45.8kg
- 45 degree = 37.42kg
- 30 degree = 26.5kg

Max Weight Resistance: • 725kg

Max user weight: • None

Number of Loading Pins: • 2  
Number of Storage Pins: • 0

Key selling points:

- Hit multiple angles from 30 degrees through to 70 degrees and can change angles even while the machine is in use.
- Super smooth self-sufficient hydraulic pump.
- Large adjustable footplate with 4 settings.
- Ultra heavy-duty build for heaviest workouts.
- Revolving Band & Reverse band pegs.
- Simple to use adjustable safety stop system.
- Fast release & catch handles.
- Available with calf raise attachment.
- Super smooth Thomson Linear Bearing System.

Recommended Accessories:

- Calf Raise Attachment.
- Watson Pro Olympic Weight Plates.



# HIP BELT SQUAT

0059

Muscles worked: Glutes, Quads, Hamstrings

Dimensions:	• Width:	1310mm
	• Length:	1710mm
	• Height:	1690mm

Total Machine Weight:	• 197kg
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Unloaded Weight:	• 11kg
Max Weight Resistance:	• 475kg

Max user weight:	• None
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Number of Loading Pins:	• 2
Number of Storage Pins:	• 0

Key selling points:	• Train the squat without any stress on the upper body.
	• Perform a high volume of squat work safely and pain-free, perfect for those suffering lower back pain/upper-body injury.
	• Super effective for other exercises such as RDLs.
	• The large footplate design allows everyone to take up the perfect position.
	• Adjustable handles for stability.

Recommended Accessories:	• Adjustable Platform (TBC).
	• Watson Pro Olympic Weight Plates.



# LEVERAGE SQUAT

0058

Muscles worked: Glutes, Quads, Hamstrings, Calves

Dimensions:

- Width: 1370mm
- Length: 1435mm
- Height: 1660mm

Total Machine Weight: • 140kg

Unloaded Weight: • 30kg  
Max Weight Resistance: • 550kg

Max user weight: • None

Loadable weight storage: • 2 x 300mm  
Number of Loading Pins: • 2  
Number of Storage Pins: • 2

Key selling points:

- Stimulate different muscle fibers with small changes in foot placement.
- Reduced stress on lower back.
- Space-saving design with a small footprint.
- Built-in calf step for very effective standing calf raises.
- Built-in plate storage.
- Quick and easy safety release.

Recommended Accessories: • Watson Pro Olympic Weight Plates.





# LUNGE MACHINE

0054

Muscles worked: Glutes, Quads, Hamstrings

Dimensions:

- Width: 1230mm
- Length: 2150mm
- Height: 605mm

Total Machine Weight: • 175kg

Unloaded Weight: • 10kg  
Max Weight Resistance: • 450kg

Max user weight: • None

Number of Loading Pins: • 2  
Number of Storage Pins: • 0

Key selling points:

- A unique addition to your leg area that very few other gyms will have.
- Removes the element of balance, allowing you to focus on stretching further and with more weight than you would typically use.
- Slight incline to put more weight on the front leg and make it more comfortable to get a maximum range of movement.
- Generous counterweight so perfect for beginners and experts alike.
- Super smooth linear bearings for an exceptional feel and years of maintenance-free use.

Recommended Accessories: • Watson Pro Olympic Weight Plates.



# PENDULUM SQUAT

0057

Muscles worked: Glutes, Quads

Dimensions:

- Width: 850mm
- Length: 2385mm
- Height: 1560mm

Total Machine Weight: • 220kg

Unloaded Weight: • 15kg  
Max Weight Resistance: • 400kg

Max user weight: • None

Number of Loading Pins: • 2  
Number of Storage Pins: • 0

Key selling points:

- After heavy squats and leg presses, this is the 'go-to' machine for packing on leg size.
- Removes pressure from the lower back, and only a small amount of weight is needed to create a high level of resistance.
- Counterweight to provide the greatest impact on the load when in your weakest position.
- Adjustable angled footplate to allow you to target various areas of the quads, glutes and hamstrings.
- Adjustable bottom position stops allow you to hit the perfect depth in each rep.

Recommended Accessories: • Watson Pro Olympic Weight Plates.





# PIVOT LEG PRESS

0105

Muscles worked: Glutes, Quads

Dimensions:	• Width:	1520mm
	• Length:	2020mm
	• Height:	1370mm

Total Machine Weight:	• 190kg
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Unloaded Weight:	• 80kg
Max Weight Resistance:	• 950kg

Max user weight:	• None
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Number of Loading Pins:	• 2
Number of Storage Pins:	• 0

Key selling points:	• Pivoting bearing housing creates a super smooth movement even with monster loads.
	• Extremely heavy-duty.
	• Self-adjusting footplate, perfect for all users regardless of foot mobility.
	• Fully adjustable backrest.
	• Quick and easy locking mechanism.

Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# POWER SQUAT

0055

Muscles worked: Glutes, Quads, Hamstrings

Dimensions:

- Width: 1600mm
- Length: 2045mm
- Height: 1660mm

Total Machine Weight: • 299kg

Unloaded Weight: • 50kg  
Max Weight Resistance: • 1000kg

Max user weight: • None

Loadable weight storage: • 4 x 230mm  
Number of Loading Pins: • 2  
Number of Storage Pins: • 4

Key selling points:

- 2-in-1 machine; a rear pivot hack squat and a reverse hack squat/front squat.
- Massive footplate to give a huge choice of foot placement.
- 1080mm of usable loading space so you can add an enormous amount of weight.
- Smaller overall footprint and increased loading capacity compared to others on the market.
- Ultra heavy-duty and designed to last a lifetime.

Recommended Accessories: • Watson Pro Olympic Weight Plates.



# TRUSQUAT

0073

Muscles worked: Glutes, Quads

Dimensions:

- Width: 1125mm
- Length: 1780mm
- Height: 1700mm

Total Machine Weight: • 150kg

Unloaded Weight: • 17.5 kg  
Max Weight Resistance: • 200kg

Max user weight: • None

Number of Loading Pins: • 1  
Number of Storage Pins: • 0

Key selling points:

- Fully adjustable shoulder pads and safety spots for all heights.
- Seat belt to keep you locked in, even with heavy loads.
- Comfortable handle positioning for additional comfort while pushing quads to their limits.
- Generous counterweight, perfect for beginners and experts alike.
- Large footplate for multiple stances.
- Fixed resistance band pegs.

Recommended Accessories: • Watson Pro Olympic Weight Plates.



# 45° LEG PRESS

0079

Muscles worked: Glutes, Quads, Hamstrings

Dimensions:

- Width: 1450mm
- Length: 2160mm
- Height: 1320mm

Total Machine Weight: • 220kg

Unloaded Weight: • 45kg  
Max Weight Resistance: • 650kg per loading pin

Max user weight: • None

Loadable weight storage: • 4 x 300mm  
Number of Loading Pins: • 4  
Number of Storage Pins: • 4

Key selling points:

- Incredibly smooth thanks to 40mm Thomson linear bearings.
- Heavy-duty 'sprung' locking system ensures the carriage can be securely locked without putting direct shock through the frame.
- Option of single or twin loading pins to allow the machine to be loaded with up to 700kg or 1,600kg respectively.
- Compact design and a small footprint to fit through any standard doorway.
- Designed for years of constant and heavy use with no maintenance required.

Recommended Accessories: • Watson Pro Olympic Weight Plates.



# INDEPENDENT PULLOVER

0048

Muscles worked: Lats

Dimensions:

- Width: 1350mm
- Length: 1155mm
- Height: 1550mm

Total Machine Weight:

- 209kg

Unloaded Weight:

Max Weight Resistance:

- 5kg
- 275kg per arm

Max user weight:

- None

Number of Loading Pins:

Number of Storage Pins:

- 2
- 0

Key selling points:

- Fully isolates the lats through a complete range of motion and eliminates the use of 'assistance' muscles.
- A specially engineered CAM system places constant tension on the lats.
- Arm pads allow you to pull with your elbows and eliminate the arms.
- Independent working arms give unilateral movement.
- Super smooth movement to enable slow and controlled reps.

Recommended Accessories:

- Watson Pro Olympic Weight Plates.

# WESTSIDE INVERSE CURL PRO

0068

Muscles worked: Glutes, Quads

Dimensions:	• Width:	1600mm
	• Length:	1460mm
	• Height:	1600mm

Total Machine Weight:	• 133kg
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Unloaded Weight:	• 5kg
Max Weight Resistance:	• 275kg

Max user weight:	• None
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Loadable weight storage:	• 4 x 210mm
Number of Loading Pins:	• 1
Number of Storage Pins:	• 4

Key selling points:	• Developed, patented and trademarked by Louie Simmons from Westside Barbell.
	• Adds weighted assistance to the GHR movement.
	• Ideal for progressive hamstring rehabilitation and those learning the GHR movement.
	• Height-adjustable chest roller to support the upper body.
	• Large footplate to accommodate a greater range of user statures and foot stances with the guide rod and linear bearings for extra smooth adjustments.

Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# SMITH MACHINE

0089

Muscles worked: Full-body

Dimensions:

- Width: 2105mm
- Length: 1260mm
- Height: 2215mm

Total Machine Weight:

- 135kg

Unloaded Weight:

Max Weight Resistance:

- 25kg
- 675kg

Max user weight:

- None

Loadable weight storage:

Number of Loading Pins:

Number of Storage Pins:

- 4 x 280mm
- 2
- 4

Key selling points:

- The smoothest Smith machine available is built around Thomson linear bearings.
- Bar rotates on 4 x 30mm roller bearings making it very easy to lock off even when fully loaded.
- Fully welded lock pins to reduce maintenance and increase safety.
- Weight storage pins fitted as standard.
- Designed and built to take years of heavy use and still feel silky smooth to use.

Recommended Accessories:

- Watson Pro Olympic Weight Plates.



# PLATE LOADED HIP ABDUCTOR

0451

Muscles worked: Glutes

Dimensions:	• Width:	1320mm
	• Length:	1775mm
	• Height:	1030mm

Total Machine Weight:	• 178kg
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Unloaded Weight:	• kg
Max Weight Resistance:	• kg

Max user weight:	• None
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Loadable weight storage:	• 2 x 240mm
Number of Loading Pins:	• 2
Number of Storage Pins:	• 1

Key selling points:	• We've made it easier to get in and out of the machine thanks to the footplate and adjustable backrest and moving parts.
	• Weight storage.
	• Plate loaded.
	• Smooth movement.

Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# PLATE LOADED HIP ADDUCTOR

0452

Muscles worked: Adductors

Dimensions:	• Width:	1320mm
	• Length:	1775mm
	• Height:	1035mm

Total Machine Weight:	• 170kg
-----------------------	---------

Unloaded Weight:	• kg
Max Weight Resistance:	• kg

Max user weight:	• None
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Loadable weight storage:	• 2 x 240mm
Number of Loading Pins:	• 2
Number of Storage Pins:	• 1

Key selling points:	• We've made it easier to get in and out of the machine thanks to the footplate and adjustable backrest and moving parts.
	• Weight storage.
	• Plate loaded.
	• Smooth movement.

Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# ANIMAL HORIZONTAL LEG PRESS

0109

Muscles worked: Quads, Hamstrings, Calves

Dimensions:

- Width: 1790mm
- Length: 2515mm
- Height: 1740mm

Total Machine Weight: • 393kg

Unloaded Weight: • kg  
Max Weight Resistance: • kg

Max user weight: • None

Loadable weight storage: •  
Number of Loading Pins: • 4  
Number of Storage Pins: • 6

Key selling points:

- Two pin plate loading system allows the user to alter strength curve
- Add your own logo
- Adjustable safety stops
- Adjustable seat position to WEIGHT suit all users
- Shoulder brace to truly secure you in place

Recommended Accessories: • Watson Pro Olympic Weight Plates.

# ANIMAL ISO LINEAR ROW

0465

Muscles worked: Lats, Delts, Core, Biceps

Dimensions:	• Width:	1105mm
	• Length:	1670mm
	• Height:	1730mm

Total Machine Weight:	• 193kg
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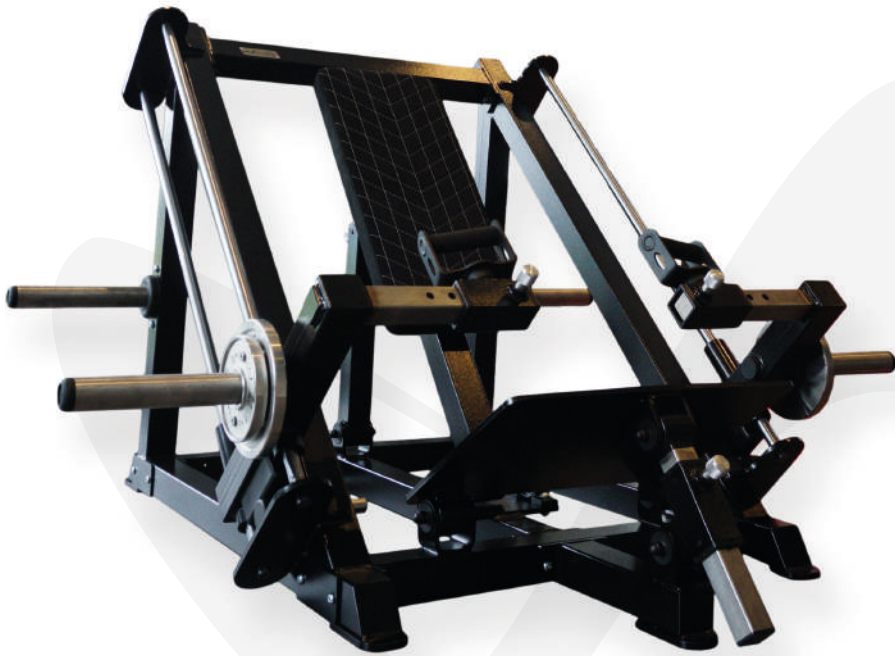
Unloaded Weight:	• kg
Max Weight Resistance:	• kg

Max user weight:	• None
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Loadable weight storage:	
Number of Loading Pins:	• 2
Number of Storage Pins:	• 2

Key selling points:	• Adjustable footplate, backrest and handles
	• Freemoving handles
	• Small footprint
	• 25mm Thompson Linear Bearings

Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# PLATE LOADED DELT BUILDER

O110

Muscles worked: Delts

Dimensions:	• Width:	1100mm
	• Length:	1550mm
	• Height:	2135mm

Total Machine Weight:	• 128kg
-----------------------	---------

Unloaded Weight:	• kg
Max Weight Resistance:	• kg

Max user weight:	• None
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Loadable weight storage:	• 1
Number of Loading Pins:	• 1
Number of Storage Pins:	• None

Key selling points:	<ul style="list-style-type: none"> <li>• Adjustable handles for a variety of shoulder mobility</li> <li>• Compact Footprint</li> <li>• Foot pedal for assisted start and stop</li> <li>• Excellent range of movement</li> <li>• Super Smooth!</li> <li>• Loads of space on the loading pins for plenty of Weight</li> </ul>
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Recommended Accessories:	• Watson Pro Olympic Weight Plates.
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# SINGLE STACK



# ASSISTED CHIN / DIP

0019

Muscles worked: Biceps, Triceps, Lats, Pecs

Dimensions:	• Width:	1250mm
	• Length:	950mm
	• Height:	2260mm

Total Machine Weight:	• 234kg
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Standard Weight Stack:	• 109kg
Upgradable Weight Stack:	• 142kg / 175kg
Max Weight Resistance:	• 175kg

Max user weight:	• None
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Key selling points:	<ul style="list-style-type: none"><li>• Can be used with or without assistance - not just for beginners!</li><li>• Incredible machine for pushing out more reps and sets in a more controlled way.</li><li>• 50mm dipping handles for comfort, even during weighted dips.</li><li>• Various angled chinning bars for regular and parallel grip chinning/pull-ups.</li><li>• Super smooth linear bearing carriage and compact footprint.</li></ul>
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# BICEP TRICEP COMBO

0038

Muscles worked: Bicep, Tricep

Dimensions:	• Width:	980mm
	• Length:	1240mm
	• Height:	1585mm

Total Machine Weight:	• 244kg
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Standard Weight Stack:	• 109kg
Upgradable Weight Stack:	• 142kg
Max Weight Resistance:	• 142kg

Max user weight:	• None
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Key selling points:	• Quick and easy change from Bicep to Tricep.
	• Incredibly compact footprint.
	• Multi-Grip handles.
	• 70 degree pad.
	• Adjustable back pad to secure you in place for Tricep Extensions.



# LAT PULLDOWN / LOW PULLEY

0018

Muscles worked: Lats, Biceps, Trapezius

Dimensions:

- Width: 760mm
- Length: 1870mm
- Height: 2330mm

Total Machine Weight: • 215kg

Standard Weight Stack: • 109kg  
Upgradable Weight Stack: • 142kg / 175kg  
Max Weight Resistance: • 175kg

Max user weight: • None

Key selling points:

- Space-saving dual-use machine
- Cost efficient due to getting 2 machines used in one
- Very little adjustable needed to change between Pulldowns & Low Rows
- 1:1 ratio for both exercises

Recommended Accessories:

- Thick / Standard Grip Parallel Pulldown Bar
- Thick / Standard Grip Lat Pulldown Bar
- Thick / Standard Grip Double D-Ring
- M10





# LEG EXTENSION

0002

Muscles worked: Quads

Dimensions:

- Width: 1010mm
- Length: 1590mm
- Height: 2090mm

Total Machine Weight:

- 258kg

Standard Weight Stack:

- 109kg

Upgradable Weight Stack:

- 142kg / 175kg

Max Weight Resistance:

- 175kg

Max user weight:

- None

Key selling points:

- The cam system gives perfect 'drop-off' for a full contraction.
- Space efficient design.
- Fully adjustable start/stop position.
- Stainless steel Selector plates.
- Lots of adjustable slots for deep stretch and a full range of movement.



# LEG EXTENSION / LEG CURL

0039

Muscles worked: Glutes, Quads, Hamstrings

Dimensions:	• Width:	1100mm
	• Length:	1400mm
	• Height:	2060mm

Total Machine Weight:	• 240kg
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Standard Weight Stack:	• 109kg
Upgradable Weight Stack:	• 142kg
Max Weight Resistance:	• 142kg

Max user weight:	• None
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Key selling points:	• Quick and easy change from leg extension to leg curls.
	• Super compact design.
	• Fixed back pad for bulletproof feel and durability.
	• Handles to lock any user into position while performing leg extensions.



# LYING LEG CURL

0001

Muscles worked: Glutes, Hamstrings

Dimensions:	• Width:	990mm
	• Length:	1340mm
	• Height:	2130mm

Total Machine Weight:	• 242kg
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Standard Weight Stack:	• 109kg
Upgradable Weight Stack:	• 142kg / 175kg
Max Weight Resistance:	• 175kg

Max user weight:	• None
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Key selling points:	• Go as heavy as you like while keeping the load off your lower back.
	• The 'V' bed design perfectly isolates the glutes and hamstrings.
	• Twin roller bearings give the Watson Lying Leg Curl an incredibly smooth feel.
	• One of the most compact lying leg curls available.



# MULTI PEC / DELT

0423

Muscles worked: Pecs, Delts, Trapezius

Dimensions:	• Width:	820mm
	• Length:	1510mm
	• Height:	2175mm

Total Machine Weight:	• 395kg
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Standard Weight Stack:	• 109kg
Upgradable Weight Stack:	• 142kg
Max Weight Resistance:	• 142kg

Max user weight:	• None
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Key selling points:	• Quick to adjust.
	• Effortless height adjustment.
	• Excellent range of movement.
	• Variety of grip handles.
	• 4 exercises in one machine.



# PEC FLY / REAR DELT

0020

Muscles worked: Pecs, Delts, Biceps, Triceps

Dimensions:	• Width:	1530mm
	• Length:	1420mm
	• Height:	1820mm

Total Machine Weight:	• 226kg
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Standard Weight Stack:	• 109kg
Upgradable Weight Stack:	• 142kg
Max Weight Resistance:	• 142kg

Max user weight:	• None
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Key selling points:	• 50mm revolving handles for Pec Flys.
	• 30mm fixed horizontal handles for Rear Delts.
	• Compacted footprint.
	• Solid leg brace.
	• Easy to adjust.



# SEATED LEG CURL

0003

Muscles worked: Hamstrings

Dimensions:

- Width: 960mm
- Length: 1510mm
- Height: 2085mm

Total Machine Weight:

- 268kg

Standard Weight Stack:

- 109kg

Upgradable Weight Stack:

- 142kg / 175kg

Max Weight Resistance:

- 175kg

Max user weight:

- None

Key selling points:

- Compact design.
- Extremely heavy-duty thigh brace.
- Forward and backward adjustable pivoting backrest.
- Adjustable roller pad for pinpoint perfect adjustments.



# SEATED LEG PRESS

0029

Muscles worked: Glutes, Quads

Dimensions:

- Width: 900mm
- Length: 1920mm
- Height: 2110mm

Total Machine Weight:

- 312kg

Standard Weight Stack:

- 142kg

Upgradable Weight Stack:

- 175kg

Max Weight Resistance:

- 175kg

Max user weight:

- None

Key selling points:

- Super smooth, heavy-duty leg press.
- Built for a lifetime of heavy work.
- 1:2 cable ratio to double the already heavy stack.



# STANDING LATERAL RAISE

0005

Muscles worked: Delts, Trapezius

Dimensions:

- Width: 850mm
- Length: 1120mm
- Height: 1835mm

Total Machine Weight:

- 265kg

Standard Weight Stack: 100kg  
Upgradable Weight Stack: 133kg  
Max Weight Resistance: 133kg

Max user weight:

- None

Key selling points:

- The perfect delt building machine.
- Available in both 35mm and 50mm handles!
- CAM System gives Perfect 'Drop Off' and muscle contraction.
- Fits all size users.





# ADJUSTABLE PULLEY

0013

Muscles worked: Pecs, Delts, Trapezius, Biceps, Triceps, Abs, Lats

**Dimensions:**

- Width: 1160mm
- Length: 700mm
- Height: 2300mm

**Total Machine Weight:**

- 180kg

**Standard Weight Stack:**

- 100kg

**Upgradable Weight Stack:**

- 133kg / 166kg

**Max Weight Resistance:**

- 166kg

**Max user weight:**

- None

**Key selling points:**

- The 2:1 Ratio makes it ideal for assistance exercises: Arm/Shoulder/Rotator Cuff Work etc.
- Custom height available upon request to fit in any space.
- 100KG Weight Stack (can be upgraded to 133kg).
- Super smooth feel.
- Perfect Machine for Complete Body Training and Conditioning.

**Recommended Accessories:**

- Thick Grip Rolling Handle(s)
- Thick / Standard Grip EZ Curl Bar
- Thick / Standard Grip Straight Bar (Revolving Connector)
- Thick / Standard Grip Tricep
- Leg Brace Attachment



# DUAL HIP ADDUCTOR / ABDUCTOR

0024

Muscles worked: Adductors, Glutes

Dimensions:

- Width: 980mm
- Length: 1590mm
- Height: 1685mm

Total Machine Weight: • 260kg

Standard Weight Stack: • 109kg  
Upgradable Weight Stack: • 142kg  
Max Weight Resistance: • 142kg

Max user weight: • None

Key selling points:

- Compact, space-saving design.
- Pivoting back support allows your body to sit in the perfect position.
- Independent working arms for unilateral movement.
- 109kg Weight stack (can be upgraded to a 142kg stack).
- 2-in-1 machine saving valuable floor space.
- Quick change from abductor to adductor.



# SINGLE STACK HYPER EXTENSION

0449

Muscles worked: Glutes, Hamstrings

Dimensions:	• Width:	1400mm
	• Length:	1690mm
	• Height:	1100mm

Total Machine Weight:	• kg
-----------------------	------

Standard Weight Stack:	• 109kg
Upgradable Weight Stack:	• 142kg
Max Weight Resistance:	• 142kg

Max user weight:	• None
------------------	--------

Key selling points:	• Smooth movement.
	• Large footplate.
	• Adjustable hip pad and roller pads.
	• Handles and step for easy access.
	• Perfectly placed bar catch.

# OVERHEAD TRICEP EXTENSION

0164

Muscles worked: Triceps

Dimensions:

- Width: 988mm
- Length: 2118mm
- Height: 1815mm

Total Machine Weight:

- 242kg

Standard Weight Stack:

- 109kg

Upgradable Weight Stack:

- 142kg

Max Weight Resistance:

- 142kg

Max user weight:

- None

Key selling points:

- Targets all heads of the triceps
- Huge range of motion available
- Optimal & easy set up for the movement
- Free moving bar recruits stabiliser muscles





# SINGLE STACK CHEST PRESS

0010

Muscles worked: Triceps

Dimensions:

- Width: 1230mm
- Length: 1700mm
- Height: 1720mm

Total Machine Weight:

- 

Standard Weight Stack:

- 109kg

Upgradable Weight Stack:

- 142kg

Max Weight Resistance:

- 142kg

Max user weight:

- None

Key selling points:

- Dual gripping sites emphasise chest or tricep work.
- Available in your choice of frame and upholstery colours.
- We also offer a combined chest/shoulder press machine.

# DUAL STACK



# ANIMAL DUAL STACK CHEST PRESS

0116

Muscles worked: Pecs, Triceps

Dimensions:

- Width: 1565mm
- Length: 1235mm
- Height: 1965mm

Total Machine Weight:

- 395kg

Standard Weight Stack:

- 109kg per arm

Optional Weight Stack:

- 142kg per arm

Max Weight Resistance:

- 142kg per arm

Max user weight:

- None

Key selling points:

- Independent, converging arms for ultimate feel and maximum muscle fiber recruitment.
- Adjustable angle backrest for incline/flat/decline pressing.
- 2x 109kg weight stacks (can be upgraded to 142kg stacks).
- Super heavy-duty with a compact design & small footprint.
- The ultimate selectorised chest press.





# ANIMAL DUAL STACK HIGH PULLEY ROW

O117

Muscles worked: Lats, Delts, Biceps

Dimensions:

- Width: 1720mm
- Length: 1265mm
- Height: 2180mm

Total Machine Weight:

- 409kg

Standard Weight Stack:

- 109kg per arm

Optional Weight Stack:

- 142kg / 175kg per arm

Max Weight Resistance:

- 175kg per arm

Max user weight:

- None

Key selling points:

- The arc motion allows you to stimulate more of the back muscles in one single movement.
- Diverging arms for ultimate comfort and muscle fiber activation.
- Independent working arms for unilateral movement.
- 2x 109kg Super smooth weight stacks.
- Indestructible design that will withstand heavy use.



# ANIMAL DUAL STACK LAT PULLDOWN

O118

Muscles worked: Biceps, Delts, Trapezius

Dimensions:

- Width: 1720mm
- Length: 1390mm
- Height: 2200mm

Total Machine Weight:

- 369kg

Standard Weight Stack: • 109kg per arm  
Optional Weight Stack: • 142kg / 175kg per arm  
Max Weight Resistance: • 175kg per arm

Max user weight:

- None

Key selling points:

- Adjust the width of the arms from wide to narrow and everything in between to hit all angles.
- Train each side independently to strengthen any weaknesses.
- Fully adjustable seat and leg brace to suit all users.
- Supplied with a linking bar to use both weight stacks simultaneously.
- 2 x 109kg weight stacks (can be upgraded to 142kg).

# ANIMAL DUAL STACK LOW PULLEY

0119

Muscles worked: Biceps, Triceps, Delts, Trapezius, Glutes, Lats

Dimensions:

- Width: 1220mm
- Length: 1655mm
- Height: 2535mm

Total Machine Weight:

- 391kg

Standard Weight Stack:

- 109kg per arm

Optional Weight Stack:

- 142kg / 175kg per arm

Max Weight Resistance:

- 175kg per arm

Max user weight:

- None

Key selling points:

- The most versatile and adjustable Low Pulley Row on the market.
- Independent weight stacks to work on muscular imbalances.
- Ability to adjust the height of handles to change the strength curve.
- Large, fully adjustable footplates to support you at every angle.
- Large adjustable seat and chest support catering for all movements.





# DUAL ADJUSTABLE PULLEY

O115

Muscles worked: Biceps, Triceps, Delts, Trapezius, Abs, Pecs, Lats, Forearms

**Dimensions:**

- Width: 1425mm
- Length: 975mm
- Height: 2255mm

**Total Machine Weight:** • 348kg

**Standard Weight Stack:** • 100kg per arm  
**Optional Weight Stack:** • 133kg / 166kg per arm  
**Max Weight Resistance:** • 166kg per arm

**Max user weight:** • None

**Key selling points:**

- Ultra-compact yet incredibly versatile.
- Custom height is available upon request to fit in any space.
- Super smooth twin 100 kg weight stacks.
- Multi-position chin-up bars.
- Fully height-adjustable pulley.
- The 2:1 Ratio makes it ideal for assistance exercises and training smaller muscle groups.
- Built in attachment holder.

**Recommended Accessories:**

- Connecting Bar (Dual Cable)
- Thick Grip Rolling Handle(s)
- Thick / Standard Grip EZ Curl Bar
- Thick / Standard Grip Straight Bar (Revolving Connector)
- Thick / Standard Grip Tricep
- Stack guards.



# ANIMAL DUAL STACK LEG EXTENSION

0129

Muscles worked: Quads

Dimensions:

- Width: 1355mm
- Length: 1240mm
- Height: 1690mm

Total Machine Weight:

- 441kg

Standard Weight Stack:

Optional Weight Stack:

Max Weight Resistance:

- 109kg per leg
- 142kg per leg
- 142kg per leg

Max user weight:

- None

Key selling points:

- Pivoting back support allows your body to sit in the perfect position.
- Independent working arms for unilateral movement.
- Identify and correct muscular imbalances.
- Extra thick roller pads for ultimate comfort.
- 2x 109kg Super smooth weight stacks.
- Indestructible design that will withstand heavy use.



# SEATED DUAL CABLES

O111

Muscles worked: Biceps, Triceps, Delts, Forearms, Trapezius, Abs, Lats, Pecs

Dimensions:	• Width:	1120mm
	• Length:	1410mm
	• Height:	1760mm

Total Machine Weight:	• 376kg
-----------------------	---------

Standard Weight Stack:	• 100kg per arm
Optional Weight Stack:	• 133kg per arm
Max Weight Resistance:	• 133kg per arm

Max user weight:	• None
------------------	--------

Key selling points:	<ul style="list-style-type: none"><li>• Incredibly versatile machine allowing you to do multiple different exercises.</li><li>• Sliding backrest so every user can find a comfortable starting position.</li><li>• Ultra smooth to use and to adjust, quick and easy to change exercises.</li><li>• Ability to adjust pulleys to alter strength curves and target very specific muscles.</li><li>• Stainless steel beams to keep your machine looking new.</li></ul>
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# ANIMAL MID/LOW ROW

0131

Muscles worked: Biceps, Delts

Dimensions:

- Width: 1150mm
- Length: 2350mm
- Height: 2325mm

Total Machine Weight:

- 416kg

Standard Weight Stack:

- 94kg per arm

Optional Weight Stack:

- 127kg per arm

Max Weight Resistance:

- 127kg per arm

Max user weight:

- None

Key selling points:

- Independent, converging arms for ultimate feel and maximum muscle fiber recruitment.
- Adjustable seat & chest pad for greater range of movement.
- Self-pivoting chest pad moves naturally with you throughout the movement.
- Multiple grips on handles to target different areas of the back.
- The counterweight on the back of the arms enhances super-smooth movement.
- An angled seat locks you into position giving you a solid base to pull from.





# ANIMAL DUAL STACK SHOULDER PRESS

0132

Muscles worked: Triceps, Delts

Dimensions:

- Width: 1620mm
- Length: 1620mm
- Height: 1615mm

Total Machine Weight:

- 430kg

Standard Weight Stack:

- 109kg per arm

Optional Weight Stack:

- 142kg per arm

Max Weight Resistance:

- 142kg per arm

Max user weight:

- None

Key selling points:

- Converging arms take your shoulders through a full range of motion
- Adjustable angle backrest for the perfect angle depending on your shoulder mobility
- Independant arms prevent muscle imbalances.

# MULTI-GYMS



# ANIMAL 10 STACK MULTI-GYM

0125

Muscles worked: Biceps, Triceps, Delts, Forearms, Trapezius, Abs, Lats, Pecs

Dimensions:

- Width: 4600mm
- Length: 3610mm
- Height: 2430mm

Total Machine Weight:

- 1675kg

Standard Weight Stack:

- DS Lat pulldown/DS Low Row/SS Lat pulldown/SS Low Row = 109kg per stack
- Stack/Adjustable Pulley x4 = 100kg per stack

Optional Weight Stack:

- Lat Pulldown/ DS Low Row - 142kg per stack / 175kg per stack
- Pulley - 133kg x 4 / 166kg x 4

Max weight resistance:

- Lat Pulldown/ DS Low Row - 175kg per stack
- Pulley -166kg x 4

Max user weight:

- None

Key selling points:

- A statement piece in the gym, Can handle up to 9 users at one time, offers dual stack and single stack stations, efficient use of space.
- Our 10 Stack Multi-Gym consists of:
- 2 x Fully Adjustable Pulley Columns (can be used as Cable Crossover), 1 x Lat Pulldown, 1 x Low Pulley Row, 1 x animal dual stack low pulley row, 1 x animal dual stack lat pulldown, Separate 2 x Fully Adjustable Pulley Column.
- Multi-Position Chin-Up Bar.

# EIGHT STATION MULTI-GYM

0126

Muscles worked: Biceps, Triceps, Delts, Forearms, Trapezius, Abs, Lats, Pecs

Dimensions:

- Width: 4600mm
- Length: 2800mm
- Height: 2400mm

Total Machine Weight:

- 1245kg

Standard Weight Stack:

- Lat pulldown x 2 & Low Row x 2 = 109kg per stack
- Adjustable pulley x 4 = 100kg per stack

Optional Weight Stack:

- Low Row and Lat Pulldown - 142kg x 2 / 175kg x 2
- Pulley - 133kg x 4 / 166kg x 4

Max weight resistance:

- Low Row and Lat Pulldown - 175kg x 2
- Pulley - 166kg x 4

Max user weight:

- None

Key selling points:

- Handles up to 9 users at one time, efficient use of space, multiples of popular machines, great value for money compared to purchasing individual machines.
- Our Eight Station Multi-Gym consists of:
- 2 x Fully Adjustable Pulley Columns (can be used as Cable Crossover), 2 x Lat Pulldown, 2 x Low Pulley Row, Separate 2 x Fully Adjustable Pulley Columns.
- Multi-Position Chin Up Bar.





# SIX STATION MULTI-GYM

0127

Muscles worked: Biceps, Triceps, Delts, Forearms, Trapezius, Abs, Lats, Pecs

Dimensions:

- Width: 4560mm
- Length: 2330mm
- Height: 2400mm

Total Machine Weight:

- 835kg

Standard Weight Stack:

- Lat pulldown & Low Row = 109kg per stack
- Adjustable pulley x3 = 100kg per stack

Optional Weight Stack:

- Low Row and Lat Pulldown = 142kg / 175kg per stack
- Pulley = 133kg x 3 / 166kg x 3

Max weight resistance:

- Low Row and Lat Pulldown = 175kg per stack
- Pulley = 166kg x 3

Max user weight:

- None

Key selling points:

- Handles up to 6 users at one time, efficient use of space, great value for money compared to purchasing individual machines.
- Our Eight Station Multi-Gym consists of:
- 2 x Fully Adjustable Pulley Columns (can be used as Cable Crossover), 1 x Lat Pulldown, 1 x Low Pulley Row, Separate Fully Adjustable Pulley Columns.
- Multi-Position Chin Up Bar.





# ANIMAL DUAL STACK MULTI-GYM

0123

Muscles worked: Biceps, Triceps, Delts, Forearms, Trapezius, Abs, Lats, Pecs

Dimensions:

- Width: 1515mm
- Length: 3475mm
- Height: 2430mm

Total Machine Weight:

- 1040kg

Standard Weight Stack:

- DS Lat pulldown & DS Low Row = 109kg per stack
- Stack/Adjustable pulley x 2 = 100kg per stack

Optional Weight Stack:

- Lat Pulldown & Low Row = 142kg x 2 / 175kg x 2
- Pulley = 133kg x 2 / 166kg x 2

Max weight resistance:

- Lat Pulldown & Low Row = 175kg x 2
- Pulley = 166kg x 2

Max user weight:

- None

Key selling points:

- Handles 4 users at a time.
- Dual stack stations allow for unilateral and bilateral movements.
- Efficient use of space.
- Included in this machine are:
  - 1 x animal dual stack low pulley row, 1 x animal dual stack lat pulldown, separate 2 x Fully Adjustable Pulley Column.



# POWER GYM (FOUR WAY SMITH)

0112

Muscles worked: Full-body

Dimensions:

- Width: 1900mm
- Length: 2005mm
- Height: Various

Total Machine Weight:

- 530kg (height 2380mm)

Standard Weight Stack:

- 10kg x 2

Optional Weight Stack:

- 133kg x 2 / 166kg x 2

Max Weight Resistance:

- 166kg x 2

Max user weight:

- None

Loadable Weight Storage:

- 6 x 260mm

Number of Loading Pins:

- 2

Number of Storage Pins:

- 6

Key selling points:

- Four machines in one (half rack, smith machine, DAP and pull-up station).
- Extremely space efficient.
- Allows endless exercise variations with a range of attachments available.
- Natural movement.





# POWER GYM (FIXED SMITH)

O113

Muscles worked: Full-body

Dimensions:

- Width: 1900mm
- Length: 1570mm
- Height: Various

Total Machine Weight:

- 466kg (height 2380mm)

Standard Weight Stack:

- 100kg x 2

Optional Weight Stack:

- 133kg x 3 / 166kg x 2

Max Weight Resistance:

- 166kg x 2

Max user weight:

- None

Loadable Weight Storage:

- 6 x 260mm

Number of Loading Pins:

- 2

Number of Storage Pins:

- 6

Key selling points:

- Four machines in one (half rack, smith machine, DAP and pull-up station).
- Extremely space efficient
- Allows endless exercise variations with a range of attachments available
- More stability.

# POWER GYM (NO SMITH)

0114

Muscles worked: Full-body

Dimensions:

- Width: 1800mm
- Length: 1320mm
- Height: Various

Total Machine Weight:

- 426kg (height 2380mm)

Standard Weight Stack:

- 100kg x 2

Optional Weight Stack:

- 133kg x 2 / 166kg x 2

Max Weight Resistance:

- 166kg x 2

Max user weight:

- None

Loadable Weight Storage:

- 6 x 260mm

Number of Loading Pins:

- 2

Number of Storage Pins:

- 6

Key selling points:

- Three machines in one (half rack, DAP and pull-up station).
- Extremely space efficient.
- Allows endless exercise variations with a range of attachments available.



# RACKS & PLATFORMS



# ANIMAL HALF RACK

0169

Muscles worked: Full-body

Dimensions:

- Width: 1820mm
- Length: 1190mm
- Height: 2270mm

Total Machine Weight:

- 153kg

Max user weight:

- None

Loadable Weight Storage:

- 8 x 260mm

Number of Loading Pins:

- 0

Number of Storage Pins:

- 8

Key selling points:

- Super heavy-duty rack.
- Very compact footprint.
- Close hole spacing 40mm.
- Multiple pull-up bar options.
- Comes with Safety bars and lift-off hooks included.

# BENCHES

# ADJUSTABLE BENCH

0192

Muscles worked: Biceps, Triceps, Pecs, Delts

Dimensions:

- Width: 450mm
- Length: 1365mm
- Height: 455mm

Total Machine Weight:

- 40kg

Max Weight Resistance:

- 800kg

Max user weight:

- None

Key selling points:

- Wheels and handles for easy moving.
- Low Height for ultimate grounding & stability.
- Super heavy duty.
- Adjustable back pad from decline, flat to 90 degrees with 7 settings.
- Adjustable Seat with 3 settings.



# SPECIFICATIONS



# Design Specifications

---

## Frame

Our frames are made from British steel and you can have these coated in your specific brand colours or opt for a clear coat.

## Customisation Options

Your equipment, your way.

We offer a wide range of customisation options, from different stitching options, to frame and moving part colours.

## Upholstery

You can choose from one of our environmentally friendly vinyls or real Italian leathers and compliment your upholstery with various stitching colours and options such as our; Double standard, Aston, Lamboguini or Bently stitching.

If you'd rather have your logo on your equipment, then we offer the option to have it sewn on or printed.

## Warranty\*

Lifetime - On All Framework.

5 Years - on all moving parts.

5 Years - on all cables.

# Machine Specifications

## Increment weight

Our heavy stack machines go up in increments of 5.5kg and our split stack machines go up in 2.75kg. Mirco adjusters can be added to almost every machine, they will add 2kg, per mirco adjuster, to your stack.

## Weight Stack Guards/Shrouds

Guards and shrouds are a great opportunity for adding brand awareness and will give your equipment that extra aesthetic touch. They can come personalised with your logo or as standard with the Watson logo with further option to have outer guarding or both inner and outer guarding. As well as all this, it provides an additional safety feature for certain facilities.

## Why do we use Numbers?

Ease of recording.

## Anchoring and attaching equipment

All machines have the option to anchor to the floor, with tabs on the feet to attach them. Some can even be mounted to the wall on request, at an additional cost. At Watson we also recommend bolting our equipment down to ensure piece of mind when training.

# Machine Specifications

---

## Materials used

### Upholstery:

Foam - Multi chip 9 pound foam. This is a firm foam that doesn't wear out like softer foams.

Leather - The Tuscania range.

Vinyl - Classic leather effect Crib 5 with anti-bacterial finish, waterproof, environmentally friendly, IMO certification, REACH compliant.

Wood - 100% from well-managed forest.

Stitching - Bonded nylon thread.

### Rest of Machine:

Steel - 6-8 gauge, mostly welded, but do break down for instillation purposes

Finish - Powder coat for max durability

Rubber - We use rubber on our buffers and handles.

Footplate - steel footplates with griptape for maximum grip and ease to replace.

## User Rating

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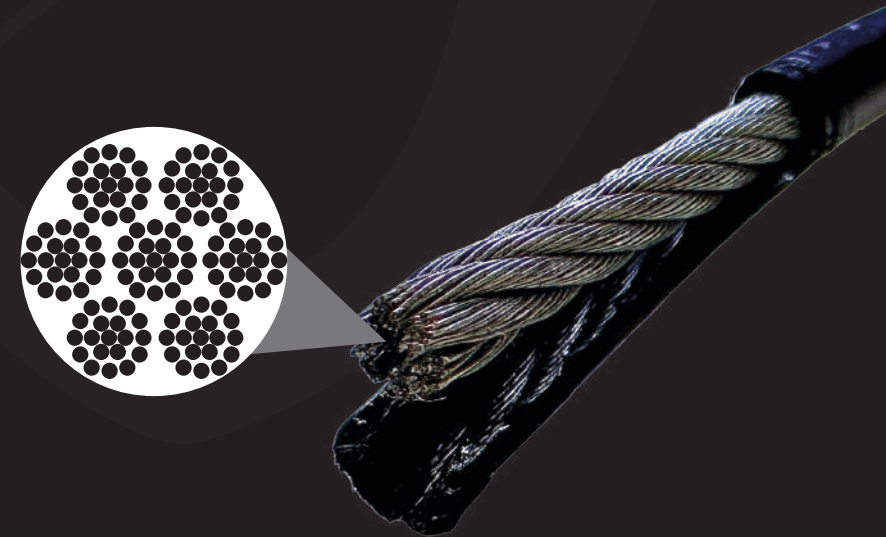
We placed our 'Max User Weight' at 'None' as our machines have been designed to withstand immense force and extreme usage.

This, of course, is a blanket expectation for everything that leaves our warehouse and there are exceptions, but we design our machines accommodate people with a wide variety of weights and heights.

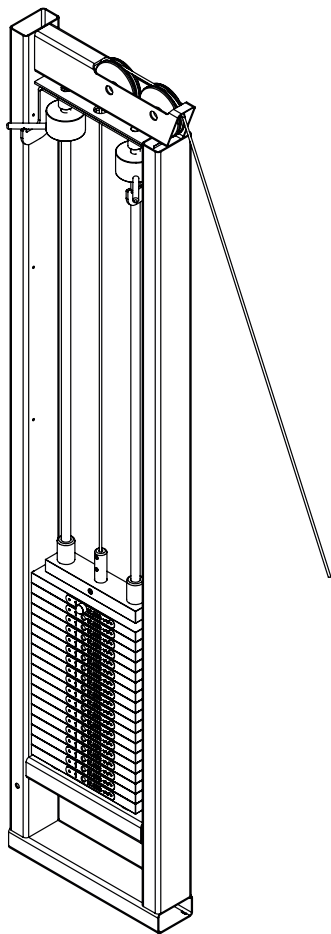
# Machine Specifications

## Cable and pulley information

- 7 x 19 cable twists, 1 core and 6 outer.
- Zinc coated to Class B standard to prevent oxidation/rusting
- Specially formulated lubrication
- Watson branded outer plastic sheathing (1.6mm thick)
- The highest strength rating available (MBF 2160), rated to 8.01kN of force (supporting up to 815kg)
- Made in Germany







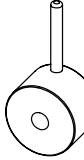







# Weight Stack Assembly

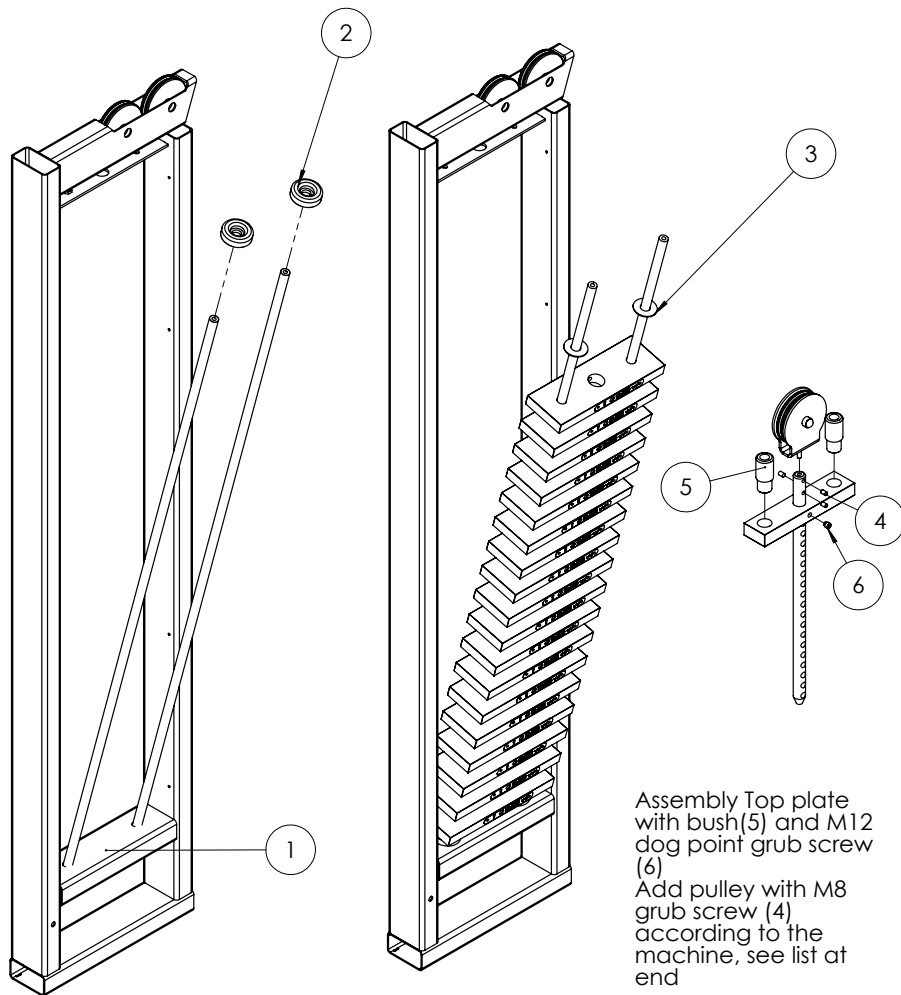


TITLE: Weight Stack Assembly		CATEGORY: Assembly
DWG NO. Weight Stack Assembly - Customer Guide	A4	
SHEET 1 OF 6		

## KEY

-  2 Weight Stack Buffer
-  3 Nylon Washer
-  4 M8 Grub Screw
-  5 Top Plate Bush
-  7 Guide Rod End Cap
-  6 M12 Dog Point Grub SCrew
-  9 Micro-weight
-  10 M10 Spring Washer
-  11 M10 x16 Dome Screw  
or  
M10 X20 Hex Bolt
-  14 Hex Bolt End Cap
-  15 M10 Nut
-  16 M10 x 110mm Hex Bolt

TITLE: Weight Stack Assembly		CATEGORY: Assembly
DWG NO. Weight Stack Assembly - Customer Guide	A4	
SHEET 2 OF 6		

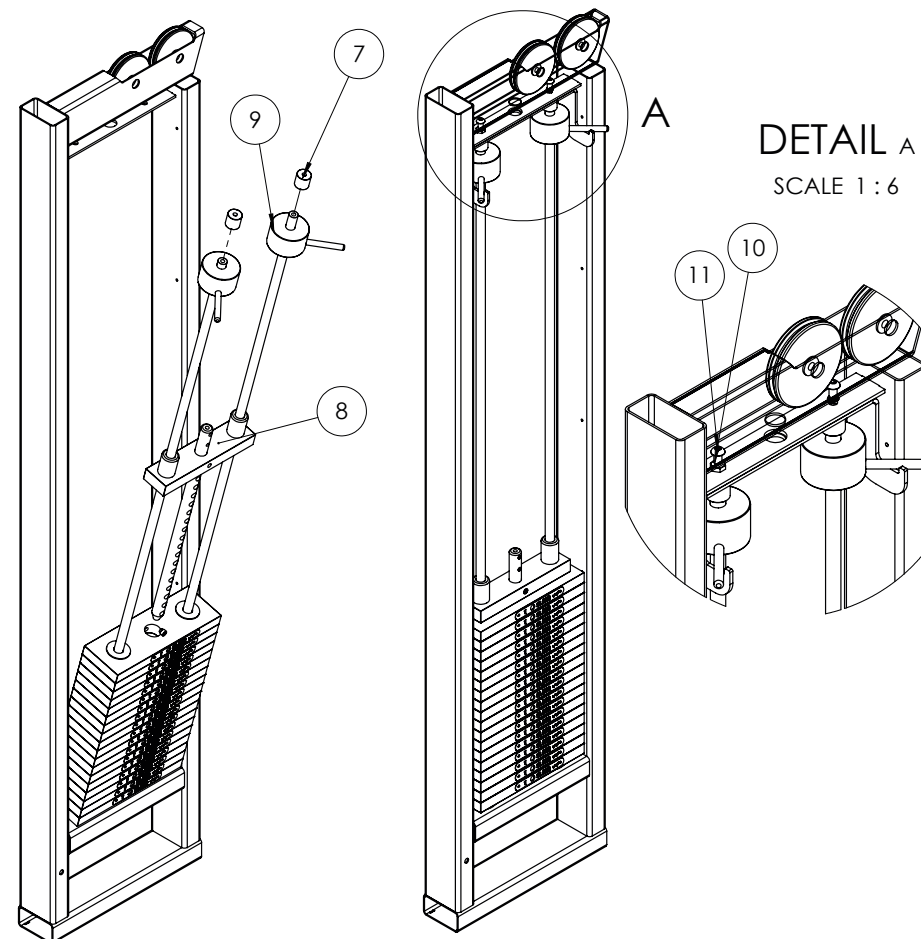


Place poles in holes in Box (1)  
Add buffers (2) and slide to  
bottom  
Use WD40 on the guide rod  
before putting on the stacks

Add weight stack along with  
appropriate Nylon washer (3)  
to align top plate.

Assembly Top plate  
with bush (5) and M12  
dog point grub screw  
(6)  
Add pulley with M8  
grub screw (4)  
according to the  
machine, see list at  
end

DWG NO. A4  
Weight Stack Assembly - Customer Guide  
SHEET 3 OF 6

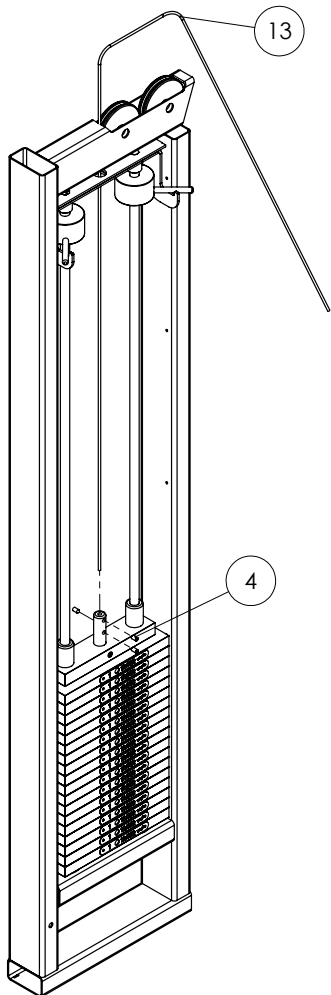


Add Top plate assembly (8)  
and micro weights (9) if  
needed.  
Finish with pole caps (7)

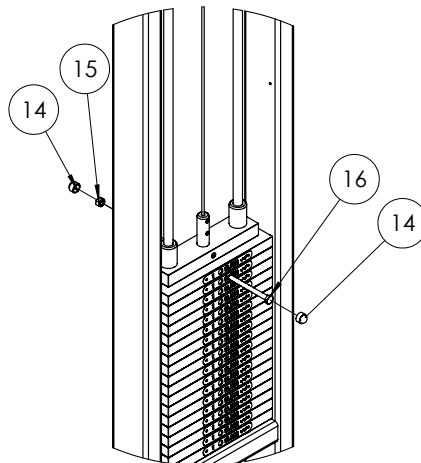
Bolt using appropriate M10 x  
20 Hex bolt (11) and Spring  
washer washers (10). See Below  
for exceptions

MACHINE	BOLT
All Power Gyms	M10 x 16 Dome
Dual Seated Cables	M10 x 16 Dome
Dual Stack Chest Press	M10 x 16 Dome

DWG NO. A4  
Weight Stack Assembly - Customer Guide  
SHEET 4 OF 6



Add optional M10 x 110 bolt (16) to the first or second plate. The plate will have to be drilled through with a 10mm drill bit. See list below secure with nylon nut (15) and end cap (14)



MACHINE	BOLT PLATE
Multi Pec/Delt	1
Single Stack Lat Pulldown	1
Lat Pulldown for multigyms	1
Lying Leg Curl	1
Seated leg curl	1
Seated incline lat raise	1
Animal high Pulley Row	1
Seated leg curl/ leg extension	1
Bicept Tricep Machine	1
Assisted Chin Dip	2
Pullover	2

Feed cable (14) through and secure using M8 grub screws (4). Tighten screws from top to bottom apart from the list below which will be bottom to top

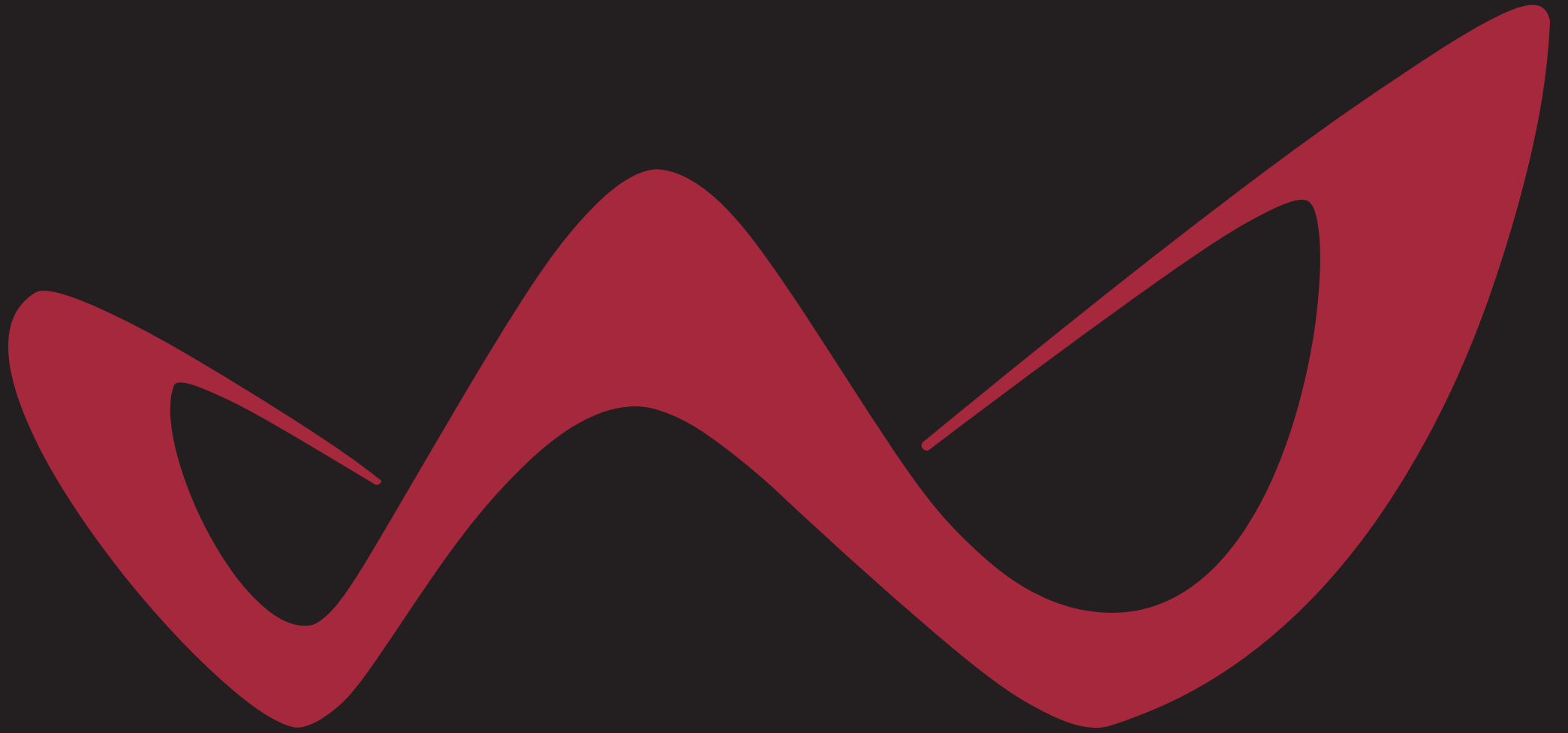
MACHINE
Single Stack Multi-Hip
Single Stack Chest Press
Single Stack Shoulder Press
Single Stack Seated Dip
Dual Stack Mid to Low Row
Dual Stack Shoulder Press

DWG NO. A4  
Weight Stack Assembly - Custo  
SHEET 5 OF 6

Machines with Pulley on top plate

MACHINE	PULLEYS
SS Chest Press	1
SS standing Leg Curl	1
SS Adjustable pulley	1
SS Dual Cable Adjustable Pulley	1
SS Dual Cable Low Pulley Row	1
SS Dual Cable Lat Pulldown	1
SS Pec Fly / Rear Delt	1
SS Seated Lateral Raise	1
SS Seated Incline Lateral Raise	1
SS Double Dual Cable Column	1
SS Bicep Tricep Machine	1
SS Multi Pec Delt	1
DS Seated Dual Cables	2
All Power Gyms	2
Animal Dual Stack Lat Pulldown	2
Animal Dual Stack Low Pulley	2
DS Cable Crossover	2
Animal Dual Stack Multi-gym	6
Single Stack Multi-gym	1
Animal 10 Stack Multi-gym	8
8 Station Multi-gym	4
6 Station Multi Gym	3
Animal Dual Stack Cable Column	8

DWG NO. A4  
Weight Stack Assembly - Custo  
SHEET 6 OF 6



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