
ALBERG
NORDIC
Outdoor fitness
SINCE 2011
EXPLODE
Machines With Built-In-Weights


EXPLODE

Machines With Built-In-Weights

EXPLODE

The uniqueness of these machines is that the products are equipped with built-in weights and can be used both outdoors and indoors. Extra strong, vandal proof construction is made of 3 mm thick steel. Easy to use, because they have quick and easy load adjustment. Thanks to an additional option - hot-dip galvanizing technology (highest degree of corrosion protection) - they are adapted to any weather conditions. Heroic forms, brutal design and wide color spectrum will help to harmoniously implement machines into the existing hall or to become a new full-fledged street area for effective training.

PRINCIPLE OF ACTION

The principle of action of these machines lies in transferring the load on human muscles due to a special trajectory of movement of certain parts of exercise machines. Depending on the level of physical training of a particular person, the machines can be adjusted to different levels of load.

CHARACTERISTICS AND BENEFITS

Equipped with built-in weights

No need for additional accessories (discs, weights, dumbbells)

Quick and easy load adjustment

Wide range of users - from amateurs to professionals

Steel thickness: 3 mm (120 x 40 mm profile)

Extra-strong, vandal proof design

Seats and backrests made of 15 mm HDPE plastic

Temperature range of use: from - 20 C°... + 30 C°

Corrosion protection thanks to hot galvanizing (upon customer's request)

Can be installed outdoors, creating full-fledged strength training ground

Polymer coating: powder enamel (electrostatic spraying)

Individual color options (upon customer's request)

GALVANIZING

Galvanizing is the process of coating of steel and iron (metal) products to increase their corrosion resistance. Method of protection is based on the principle that zinc coating enters the corrosion reaction first, thus leaving the base metal "untouched". Hot-dip galvanized products can be used in the severest conditions, and at the same time they provide durability without maintenance for decades.

GALVANIZING AS ADDITIONAL OPTION

If you want to install the machines outdoors, our company offers an anticorrosive covering of metal profiles of machines by hot-dip galvanizing.

Hot-dip galvanizing is immersion of products in the zinc melt at the temperature of 450 - 480° C. This process is characterized by the greatest protective properties of metallization.

OUR MACHINES ARE GALVANIZED BY THE MOST RELIABLE METHOD - HOT DIP GALVANIZING!

ADVANTAGES OF GALVANIZING

THE MAIN AND UNQUESTIONABLE ADVANTAGES OF THE HOT DIP GALVANIZING METHOD ARE:

- additional safety margin of whole construction;
- extension of service life of metal structures;
- resistance to surface destruction in conditions of high humidity and other aggressive environmental factors;
- high level of fire safety;
- low amount of waste and industrial emissions from production;
- possibility of recoating;
- visual attractiveness of finished galvanized products.

TECHNOLOGICAL PROCESS OF ANTI-CORROSION COATING BY HOT DIP GALVANIZING

1 Degreasing

2 Etching

3 Washing

4 Fluxing

5 Drying

6 Galvanizing

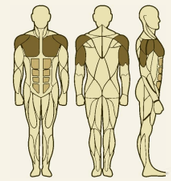
7 Cooling

8 Passivation

SUPINE PRESS

KF 801

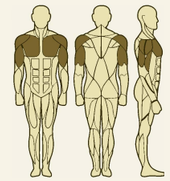
The exercise machine is intended for pectoral muscles, arms (triceps) and anterior bundle of deltoid muscles training. The levers are autonomous, which allows you to “pump” the right or left hand separately. For the convenience of performing the exercise on this machine, 2 grip handles are taken into account.

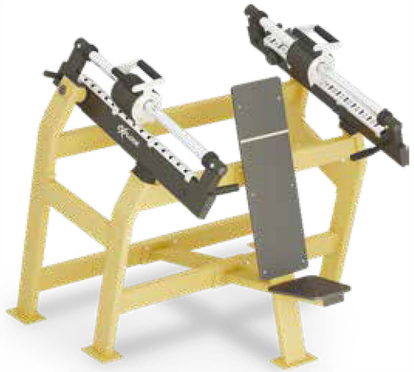


SHOULDER PRESS

KF 802

The exercise machine is intended for chest and arm muscles. The design of the machine engages both main and isolated muscles, tones and builds them up, at the same time eliminating the load on the spine. The levers are autonomous, which allows you to use the right or left hand separately.



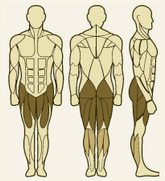


EXPLODE

LEG PRESS

KF 803

The exercise machine is intended for leg muscle training and effectively shapes up thighs and buttocks. Its design engages quadriceps to the maximum and eliminates the load on the spine, which enables training with bigger weights. The amplitude of the press is comfortable for any height.

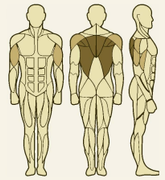


EXPLODE

ROWING MACHINE

KF 804

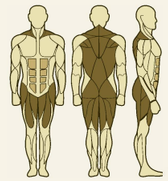
The exercise machine is intended for training spine muscles. The levers are autonomous, which allows you to use the right or left hand separately. This machine has handles for straight and horizontal grip, which expands the possibility of loading secondary muscles.



DEADLIFT

KF 806

The exercise machine is intended for a basic strength exercise, which involves ¾ of all muscle mass. By exercising with this trainer, you can perform different exercise options: classic deadlift, dead pull, sumo deadlift. The trainer has 2 levels of adjustable built weights, thus athletes of different level of physical fitness can engage and can set the load from 47 to 103 kg.

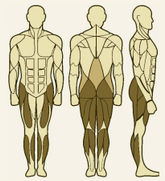


EXPLODE

SQUAT MACHINE

KF 807

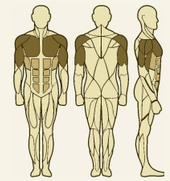
The exercise machine is intended for effective work-out of thighs, buttocks and calves. Built-in weights can fully replace a barbell squat rack. You can perform both squats and lunges on this machine.



BUTTERFLY MACHINE

KF 808

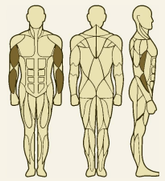
The exercise machine is intended for chest muscles workout. Discrete load control system allows choosing the optimal load for effective training both for an amateur and an experienced athlete by manually moving the weights along the lines. The exercise is performed in a supine position.



BICEPS MACHINE

KF 810

The exercise machine is intended for biceps workout. It forms strong beautiful hands and is suitable for athletes of various physical form. The design of the machine ensures biceps isolation. Since the exercise is done while standing, the athlete can regulate their position to ensure the best comfort.



SUPINE PRESS

KF 801

Muscles: pectoralis major, anterior deltoid, serratus anterior, triceps

Dimensions (L x W x H): 2 384 x 1 450 x 1 218 mm

Weight / Weight ZEC (Zn): 200 kg / 206 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

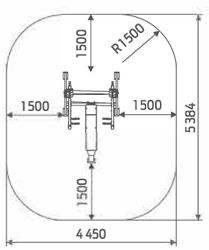
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 9 kg

Max load: 2 x 36 kg



SHOULDER PRESS

KF 802

Muscles: anterior and intermediate deltoids, triceps, brachioradialis, pectoral muscles

Dimensions (L x W x H): 1 596 x 1 628 x 1 498 mm

Weight / Weight ZEC (Zn): 235 kg / 242 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

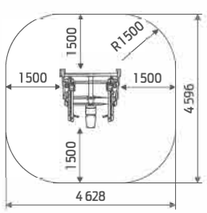
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 11 kg

Max load: 2 x 37 kg



LEG PRESS

KF 803

Muscles: quadriceps, biceps femoris, gluteus maximus, gluteus medius

Dimensions (L x W x H): 2 846 x 938 x 1 571 mm

Weight / Weight ZEC (Zn): 283 kg / 291 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

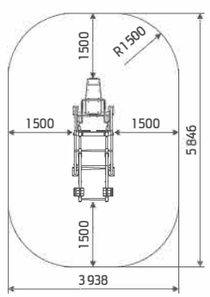
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 103 kg

Max load: 155 kg



ROWING MACHINE

KF 804

Muscles: trapezius, latissimus dorsi, infraspinatus muscle, teres major, rhomboid major, pectoralis major, biceps, brachialis

Dimensions (L x W x H): 1 710 x 1 225 x 1 103 mm

Weight / Weight ZEC (Zn): 185 kg / 191 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

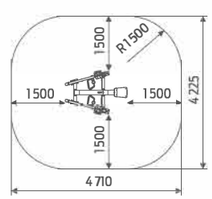
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 20 kg

Max load: 2 x 55 kg



LAT PULL DOWN

KF 805

Muscles: trapezius, latissimus dorsi, infraspinatus muscle, teres major, rhomboid major, pectoralis major, deltoid muscles

Dimensions (L x W x H): 2 238 x 1 445 x 1 907 mm

Weight / Weight ZEC (Zn): 217 kg / 223 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

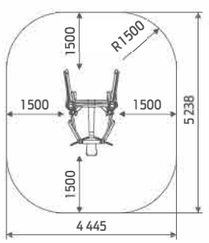
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 10 kg

Max load: 2 x 38 kg



DEADLIFT

KF 806

Muscles: back extensors, gluteal muscles, biceps femoris, latissimus dorsi, trapezius, forearms and biceps, quadriceps

Dimensions (L x W x H): 2 389 x 1 718 x 1 195 mm

Weight / Weight ZEC (Zn): 321 kg / 331 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

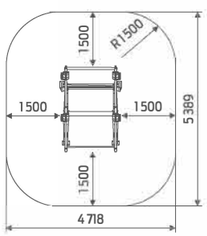
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 47 kg

Max load: 103 kg



SQUAT MACHINE

KF 807

Muscles: quadriceps, biceps femoris, gluteus maximus, gluteus medius, calf muscles

Dimensions (L x W x H): 1 463 x 1 508 x 1 405 mm

Weight / Weight ZEC (Zn): 196 kg / 201 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

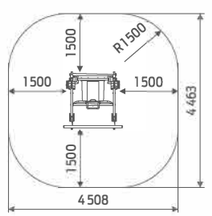
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 40 кг

Max load: 70 кг



BUTTERFLY MACHINE

KF 808

Muscles: pectoralis major (upper and lower), anterior deltoid, shoulder muscles, triceps, biceps, abs and obliques, serratus anterior

Dimensions (L x W x H): 2 196 x 2 140 x 644 mm

Weight / Weight ZEC (Zn): 218 kg / 225 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

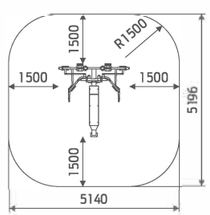
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 5 кг

Max load: 2 x 12 кг



DELTOID MACHINE

KF 809

Muscles: deltoid muscles

Dimensions (L x W x H): 849 x 2 130 x 1 496 mm

Weight / Weight ZEC (Zn): 220 kg / 227 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

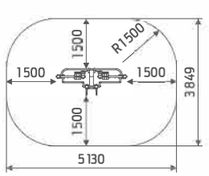
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 5 kg

Max load: 2 x 12 kg



BICEPS MACHINE

KF 810

Muscles: biceps, brachialis, brachioradialis

Dimensions (L x W x H): 1 187 x 1 233 x 1 055 mm

Weight / Weight ZEC (Zn): 137 kg / 141 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

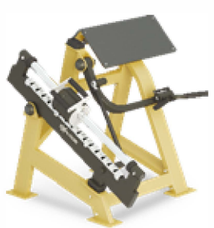
Coating: polymer coating (powder enamel)

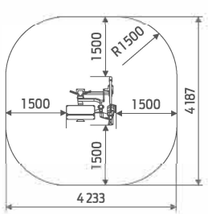
Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 10 kg

Max load: 25 kg





TRICEPS DIP

KF 811

Muscles: triceps, brachioradialis and deltoid, trapezius, pectoralis major

Dimensions (L x W x H): 2 573 x 999 x 1 138 mm

Weight / Weight ZEC (Zn): 228 kg / 234 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

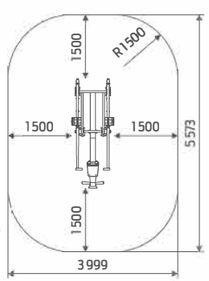
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 15 kg

Max load: 2 x 42 kg



LEG EXTENSION

KF 812

Muscles: quadriceps

Dimensions (L x W x H): 1 437 x 1 619 x 1 362 mm

Weight / Weight ZEC (Zn): 243 kg / 250 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

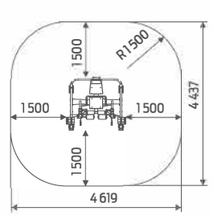
Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 10 kg

Max load: 2 x 24 kg



ASSISTED PULL-UP/DIP TRAINER
KF 814

Muscles: biceps, triceps, brachialis, brachioradialis, trapezius, latissimus dorsi, teres major, rhomboid major, pectoralis major, deltoid muscles, external and internal obliques

Dimensions (L x W x H): 1 589 x 1 094 x 2 485 mm

Weight / Weight ZEC (Zn): 129 kg / 133 kg

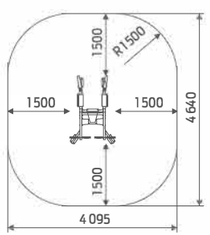
Max user weight: 150 kg

Metal profile thickness: 3 mm

Coating: polymer coating (powder enamel)

Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE



SCOTT BENCH WITH DUMBBELLS AND BENCH
KF 815

Muscles: biceps, forearm flexors

Dimensions (L x W x H): 2 230 x 2 366 x 1 055 mm

Weight / Weight ZEC (Zn): 196 kg / 202 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

Coating: polymer coating (powder enamel)

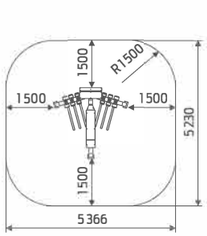
Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

Seat and Backrest: 15 mm HDPE

Min load: 2 x 10 kg

Mid load: 2 x 16 kg

Max load: 2 x 24 kg



SCOTT BENCH WITH DUMBBELLS
KF 815.1

Muscles: biceps, forearm flexors

Dimensions (L x W x H): 749 x 2 366 x 1 055 mm

Weight / Weight ZEC (Zn): 175 кг / 180 kg

Max user weight: 150 kg

Metal profile thickness: 3 mm

Coating: polymer coating (powder enamel)

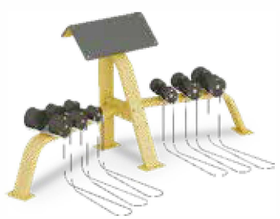
Coating with additional option (galvanizing): polymer coating with additional corrosion protection - hot dip galvanizing

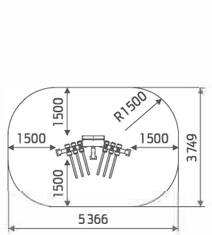
Seat and Backrest: 15 mm HDPE

Min load: 2 x 10 kg

Mid load: 2 x 16 kg

Max load: 2 x 24 kg





COLOR OPTIONS

RAL 9003 | RAL 9001 | RAL 1001 | RAL 7001 | RAL 7016 | RAL 9005 | RAL 1018 | RAL 2004

METALLIC pearl | METALLIC velvet | RAL 7003 | RAL 7016 | RAL 3028 | RAL 5015 | RAL 6018 | RAL 8002

RECOMMENDATIONS FOR OUTDOOR INSTALLATION OF STRENGTH EQUIPMENT WITH BUILT-IN WEIGHTS

Surface. Installation of machines must be performed on a flat concrete surface with anchor bolts. The procedure for assembling and installing the product is specified in the Data Sheet.

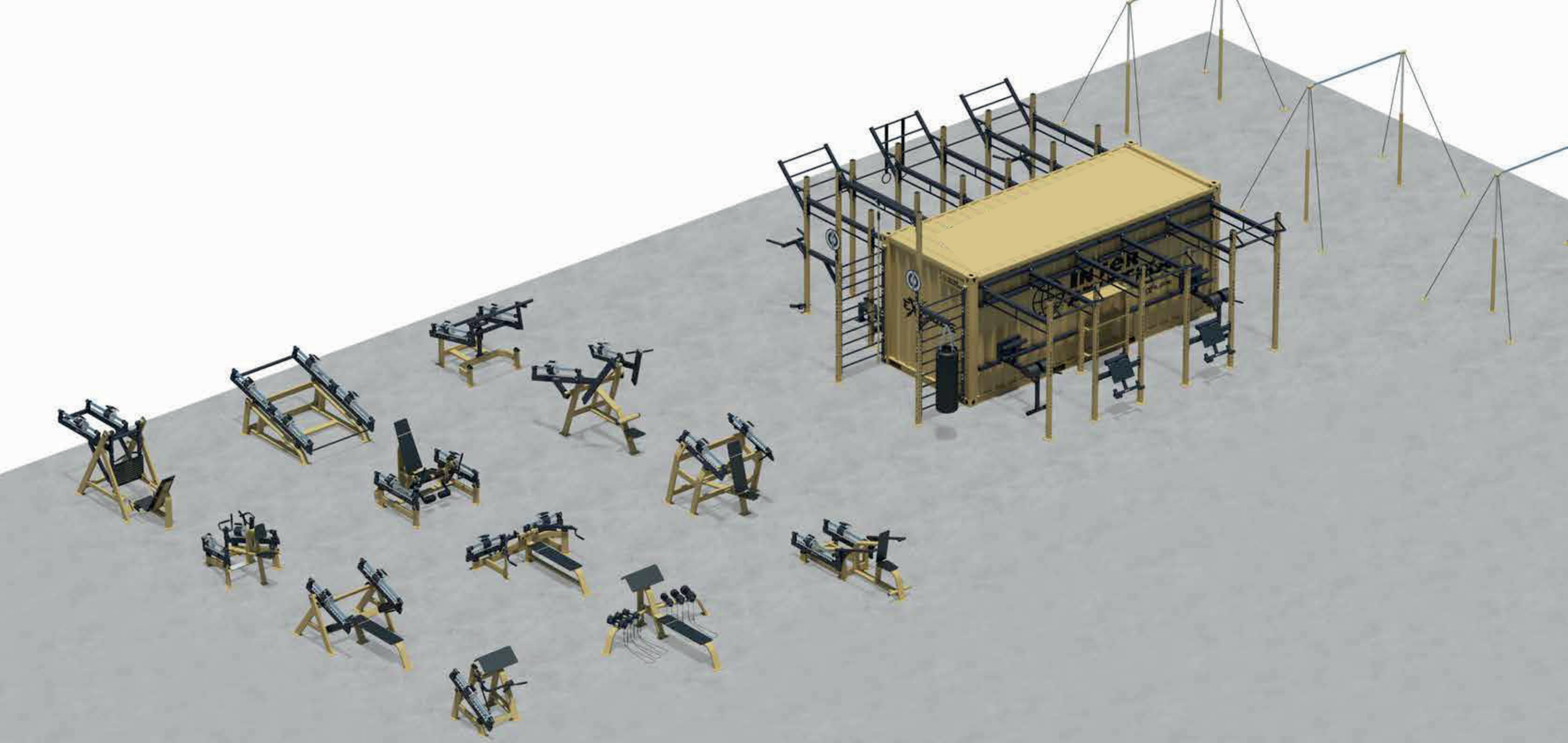
Fence. To prevent children from exercising and to avoid vandalism, with concern for the safety of general public and the customer, we recommend fencing the area of the gym.

Webcams. We recommend to install a web camera in a public place where exercise machines with built-in-weights are located in order to control the safety of the correct use and storage of the equipment.

It is strictly forbidden to let children in the sports ground equipped with this type of equipment.

16+

Teenagers should perform exercises on this equipment only under adult supervision.




EXPLODE

ALBERG NORDIC

Outdoor fitness
SINCE 2011