

PWR PLAY

Cyber PWR PLAY is a flexible and configurable strength and functional training solution for individual, personal and group training. It can be configured for traditional cable-based training, functional and bodyweight workouts—or a combination of both. With 27 possible add-on options, including optional storage solutions, PWR PLAY enables facilities to create versatile, customized solutions for multiple environments and exercisers.



PWR PLAY



CONFIGURABILITY

Modular stations allow the creation of tailored solutions to fit your facility's programming needs.



IN DEMAND

Functional and bodyweight add-on stations provide training solutions for today's top multi-faceted exercises along with timeless staples.



VARIETY

Choose from endless configurations that allow PWR PLAY to become a turnkey component to your personal, group and cable-based programs.

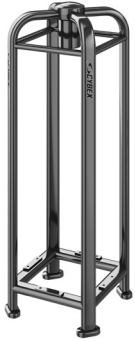


SPACE EFFICIENT

Along with optimized footprint from custom configurations, additional storage components keep your facility floor open for training.

PWR PLAY

TRADITIONAL STATIONS: Basic units that help fill out any selectorized, plate-loaded or free weight area



CORE

- Designed to accept single stations on each of its four sides



LAT PULL

- Adjustable thigh pad provides stabilization for a wide variety of users

Accessories Included:
1 lat bar



LOW ROW

- Pulley position allows for an optimal path of motion of the handle for rows

Accessories Included:
1 row handle



TRICEPS PUSHDOWN

- Overhead pulley location allows for better body positioning

Accessories Included:
1 rope handle



HIGH LOW STATION

- Pulley handles rotate to allow for improved ROM and workout variety

Accessories Included:
1 long handle
1 ankle strap



ADJUSTABLE CABLE COLUMN

- Carriage adjusts from 7 – 76" above the floor
- Carriage swivels 165 degrees



ATTACHED HIGH LOW CROSSOVER

- Four chin-up handles
- Carriage adjusts from 7 – 76" above the floor
- Carriage swivels 165 degrees

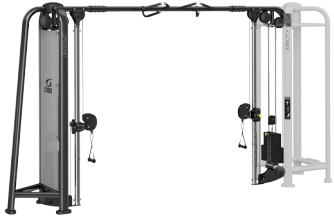


EMBEDDED HIGH LOW CROSSOVER

Accessories Included:
2 short handles
1 ankle strap

PWR PLAY

PWR STATIONS: Traditional pieces reimaged for a higher level of functionality



ATTACHED CABLE CROSSOVER

- Four chin-up handles
- Carriage adjusts from 7-76" above the floor
- Carriage swivels 165 degrees



EMBEDDED CABLE CROSSOVER



FREE STANDING CABLE CROSSOVER

Accessories Included:

- 2 short handles
- 1 ankle strap



DUAL HANDLE LOW ROW

- Independent dual handles deliver a 2:1 lifting ratio
- Pulley position allows for an optimal path of motion

Accessories Included:

- 2 short handles
- 1 row handle



DUAL PULLEY HIGH



DUAL PULLEY LOW

- Pulley handles rotate 360 degrees for unlimited ROM
- Handles have three adjustable positions for a wide variety of users.
- Stabilization pad allows exercisers to perform partially stabilized or unstabilized movements
- 4:1 design for dynamic exercises

Accessories Included:

- 2 adjustable handles



ADJUSTABLE PULLEY 4:1

- Carriage adjusts from 7 - 76" above the floor
- Carriage swivels 165 degrees
- 4:1 design for dynamic exercises

Accessories Included:

- 1 long handle
- 1 short handle
- 1 ankle strap



DUAL HANDLE LAT PULL

- Adjustable thigh pad provides stabilization for a wide variety of users

Accessories Included:

- 2 short handles
- 1 ankle strap



DIP/CHIN ASSIST

- Three chin-up hand positions

PWR PLAY

PLAY STATIONS: Functional training options for a high-energy workout



BOXING w/ SUSPENSION TRAINING

- Suspension training attachment
- Battle rope attachment
- Glove and bag storage area

Accessories Recommended:

Punching bag
Boxing gloves
Suspension trainer
Jump rope
Battle rope



STALL BARS w/ SUSPENSION TRAINING

- 8" rung spacing
- offset pull-up bar for suspension training, pull-ups, leg raises, etc.

Accessories

Recommended:
Suspension trainer



POWER PIVOT

- Weight plate storage
- Bar storage

Accessories Included:

Power Pivot Bar (weighs 22lbs)

Accessories Recommended:

1 – 5 lbs. Urethane plate
2 – 10 lbs. Urethane plate



ROPE PULL - POWER PIVOT

- Weight plate storage
- Bar storage
- Mid direct pulley
- Low direct pulley

1 – 25 lbs. Urethane plate
1 – 45 lbs. Urethane plate



ROPE PULL

- Mid direct pulley
- Low direct pulley

Accessories Included:

Infinity rope



DIP

- 1.5" rubber handle diameter to decrease pressure on the user's hand
- Shown with the Storage Station (PP-SC)

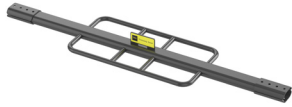


STEP

- Shown with the Storage Station (PP-SC)
- Rubber anti-slip platform surface

PWR PLAY

STORAGE STATIONS: Provide connection between cores and offer convenient storage for any accessories



CROSSOVER BOOM CONNECTOR

- Connects to the PP-AP41
- Suspension training attachment
- Pull-up handles provide grip options



HANDLE ACCESSORY RACK

- Mainly for use with pulley or crossover stations
- Six J-hooks for accessory storage
- Two short sport bar handle storage locations



STORAGE CONNECTOR

- Kettlebell/medicine ball storage area



STORAGE STATION

- Elastic band storage area
- Kettlebell/medicine ball storage area
- Five U-Links for attaching and adjusting a step-up platform, dip handle and elastic bands.

Recommended Additional Products:

Step-up platform
Dip handles

Accessories Recommended:

Dual handle covered bands – medium, extra heavy
Looped covered bands – heavy, extra heavy

Kettlebell – 15lbs, 20lbs, 25lbs, 30lbs
Premium slam ball – 6lbs, 10lbs, 15lbs
Med balls – 6lbs, 8lbs, 10lbs, 12lbs

GENERAL SPECIFICATIONS

FRAME

- Fully welded 11-gauge steel frames with electrostatic powder coat finish for maximum durability
- Optional full front weight stack shrouds

ADJUSTMENTS

- High visibility, color contrasting, yellow adjustment handles
- Ergonomic latex free rubber overmolded adjustment handles

INSTRUCTIONAL PLACARDS

- Placards illustrate the muscles trained and exercise instructions, for ease of use without language barriers

CABLE & PULLEYS

- 7 x 19 strand construction, lubricated, nylon-coated cables meet U.S. military specifications
- 3.5, 4.5, and 6-inch diameter fiberglass-impregnated nylon pulleys with sealed ball bearings

CERTIFICATIONS

ASTM F1749, F2571, F2216, F2276, F2277, EN 957-1, 957-2, CA TB133

WARRANTY

10-year limited warranty on the structural frame (coatings excluded)

- 5-year on the pulleys, weight plates and guide rods
- 1-year on the bearings, cables, grips and electrical
- 90 days on the upholstery, springs and any items not specified
- Warranty may vary by country or purchasing method

Bolt down may be required for PWR PLAY. Consult your sales representative or the installation guide for bolt down requirements.

PWR PLAY

| | CODE | PRODUCT | DIMENSIONS L x W x H | MACHINE WEIGHT | WEIGHT STACK | EFFECTIVE USER RESISTANCE |
|-------------|-----------|-----------------------------------|--|--------------------|--------------------|---------------------------|
| TRADITIONAL | PP-CORE | CORE | 34.8 x 34.8 x 94" (88 x 88 x 239 cm) | 225 lbs (102.1 kg) | | |
| | PP-LP | LAT PULL | 43 x 54 x 234" (109 x 137 x 92 cm) | 340 lbs (154.2 kg) | 260 lbs (130 kg) | 260 lbs (130 kg) |
| | PP-RW | LOW ROW | 73 x 26.6 x 92.1" (185 x 68 x 234 cm) | 360 lbs (163.3 kg) | 260 lbs (130 kg) | 260 lbs (130 kg) |
| | PP-TP | TRICEPS PUSHDOWN | 20.1 x 14.3 x 92.1" (51 x 36 x 234 cm) | 225 lbs (102.1 kg) | 190 lbs (95 kg) | 190 lbs (95 kg) |
| | PP-HL | HIGH LOW STATION | 10.3 x 14.5 x 94" (26 x 37 x 239 cm) | 260 lbs (117.9 kg) | 190 lbs (95 kg) | 95 lbs (47.5 kg) |
| | PP-AP | ADJUSTABLE CABLE COLUMN | 17.1 x 14.3 x 92.1" (43 x 36 x 234 cm) | 260 lbs (117.9 kg) | 190 lbs (95 kg) | 95 lbs (47.5 kg) |
| | PP-FCO | ATTACHED HIGH LOW CROSSOVER | 140.6 x 28.5 x 94.1" (357 x 72 x 239 cm) | 650 lbs (294.8 kg) | 190 lbs (95 kg) | 95 lbs (47.5 kg) |
| | PP-FXO | EMBEDDED HIGH LOW CROSSOVER | 124.5 x 40 x 92" (316 x 102 x 234 cm) | 530 lbs (240.4 kg) | 190 lbs (95 kg) | 95 lbs (47.5 kg) |
| PWR | PP-ACO | ATTACHED CABLE CROSSOVER STATION | 140.6 x 28.5 x 94.1" (357 x 72 x 239 cm) | 720 lbs (326.6 kg) | 190 lbs (95 kg) | 95 lbs (47.5 kg) |
| | PP-AXO | EMBEDDED CABLE CROSSOVER STATION | 113.5 x 22.9 x 93.9" (288 x 58 x 239 cm) | 600 lbs (272.2 kg) | 190 lbs (95 kg) | 95 lbs (47.5 kg) |
| | PP-ACO-FS | FREE STANDING CABLE CROSSOVER | 167.6 x 28.5 x 94.1" (426 x 72 x 239 cm) | 980 lbs (444.5 kg) | 190 lbs (95 kg) | 95 lbs (47.5 kg) |
| | PP-RWD | ADJUSTABLE DUAL HANDLE LOW ROW | 73 x 26.6 x 92.1" (185 x 68 x 234 cm) | 360 lbs (163.3 kg) | 260 lbs (130 kg) | 130 lbs (65 kg) |
| | PP-DPH | DUAL PULLEY HIGH | 18.1 x 50 x 92.1" (46 x 127 x 234 cm) | 430 lbs (195 kg) | 290 lbs (145 kg) | 72.5 lbs (36.3 kg) |
| | PP-DPL | DUAL PULLEY LOW | 20 x 50 x 92.1" (51 x 127 x 234 cm) | 435 lbs (197.3 kg) | 290 lbs (145 kg) | 72.5 lbs (36.3 kg) |
| | PP-AP41 | ADJUSTABLE PULLEY 4:1 | 17.1 x 14.3 x 92.1" (43 x 36 x 234 cm) | 460 lbs (208.7 kg) | 390 lbs (195 kg) | 97.5 lbs (48.8 kg) |
| | PP-LPD | DUAL HANDLE LAT PULL | 35.9 x 47.6 x 92.7" (91 x 121 x 235 cm) | 340 lbs (154.2 kg) | 260 lbs (130 kg) | 130 lbs (65 kg) |
| PLAY | PP-ADC | DIP/CHIN ASSIST | 44.7 x 46.5 x 97.8" (113 x 118 x 248 cm) | 650 lbs (294.8 kg) | 295 lbs (147.5 kg) | 118.75 lbs (59.4 kg) |
| | PP-BX | BOXING w/ SUSPENSION TRAINING | 34.4 x 26.6 x 98.5" (87 x 68 x 250 cm) | 70 lbs (31.8 kg) | - | - |
| | PP-SB | STALL BARS w/ SUSPENSION TRAINING | 10.6 x 42 x 97.4" (27 x 107 x 247 cm) | 100 lbs (45.4 kg) | - | - |
| | PP-PP | POWER PIVOT | 87.5 x 39 x 86.6" (222 x 99 x 220 cm) | 80 lbs (36.3 kg) | - | - |
| | PP-RP | ROPE PULL - POWER PIVOT | 87.5 x 39 x 95.8" (222 x 99 x 243 cm) | 179 lbs (81.2 kg) | - | - |
| | PP-RPL | ROPE PULL | 15.4 x 26.6 x 95.8" (39 x 68 x 243 cm) | 179 lbs (81.2 kg) | - | - |
| | PP-DIP | DIP | 32 x 28 x 13" (81 x 71 x 33 cm) | 27 lbs (12.2 kg) | - | - |
| | PP-STP | STEP | 30.5 x 24.5 x 13" (77 x 62 x 33 cm) | 50 lbs (22.7 kg) | - | - |
| STORAGE | PP-BM | CROSSOVER BOOM CONNECTOR | 73.5 x 19.5 x 6" (187 x 50 x 15 cm) | 56 lbs (25.4 kg) | - | - |
| | PP-HAR | HANDLE ACCESSORY RACK | 27 x 8.5 x 28" (69 x 22 x 71 cm) | 31 lbs (14.1 kg) | - | - |
| | PP-SX | STORAGE CONNECTOR | 37 x 11.7 x 83.6" (94 x 30 x 212 cm) | 164 lbs (74.4 kg) | - | - |
| | PP-SC | STORAGE STATION | 25.6 x 14.5 x 92.6" (65 x 37 x 235 cm) | 189 lbs (85.7 kg) | - | - |