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**TORQUE**  
FITNESS



**TRAIN THE WAY  
YOUR BODY MOVES**



HYBRID TECHNOLOGY GYM SYSTEM

# HYBRID STRENGTH TECHNOLOGY

The H2 Hybrid Strength Technology Gym System combines traditional home gym exercises with a multitude of free from cable exercises. This allows for constant exercise variety and permits a user to progress from fixed path movements to more advanced functional movements. Packaged in modern aesthetics and a small 54 inch x 72 inch (137cm x 183cm) footprint, it will blend into almost any environment. While most single station gyms offer a limited number of available exercises, the H2 with it's dual swivel mid pulleys, high and low deep V-groove pulleys, and extended cable travel produce a nearly unlimited set of movements.

Dimensions	L x W x H: 72" x 54" x 83.5" (183cm x 137cm x 212cm)
Machine weight	386 lbs (175 kg) including 150 lb weight stack
Weight stack	150 lb (68 kg) weight stack - Optional 200 lb. (91 kg)
Weight ratio	1:1 press arm, 1:1 high pulley, 0.5:1 mid pulleys, 0.5:1 low pulley
Cable travel	50" (127 cm) high pulley, 90" (229 cm) mid pulleys, 62" (157 cm) low pulley - With 150lb weight stack
Frame	Heavy-gauge robotically welded tubing
Finish	Platinum powder coat and chrome plating
Upholstery	Commercial grade, double-stitched vinyl on contour molded high resilient cushions
Cables	1/8" (3 mm) military spec 7 x 19 strand internally lubricated cables coated with 3/16" (5 mm) nylon jacket - rated for 2000 lb. tensile strength
Pulleys	Nylon/fiberglass, ABEC-rated maintenance free ball bearings for added durability and smooth feel
Included accessories	T-grip medium strap handles, swivel lat bar with non-absorbing rubber grips secured with aluminum collars, universal adapter with snap hook
Included workout book	Yes
Workout videos	Yes, online
Optional Accessories	Yes, see website for more details

## Functional Swivel Mid Pulleys

Dual swivel pulleys allow you to progress your workouts to user defined motion for all chest, shoulder and back movements. 7-1/2 feet of cable travel produce a nearly unlimited set of user-defined user stabilized movements.

## Adjustable Press-Pull Arm

Press arm and back pad adjustment promote workout variety by enabling chest, incline and shoulder pressing movements and chest supported rows.

## Patent Pending FAST-ATTACH™ cable coupling system

Eliminate the need for difficult to use snap-hooks while facilitating one-handed attachment and removal of accessories.



## Intelligent Accessory storage

Neatly store all standard and optional accessories.

## Deep-V Groove pulleys

High and low V-Groove pulleys permit cable travel in three-dimensional space. 1/2:1 weight ration on the low pulley provide extended cable travel and low starting weight for functional movements.

## Innovative Torque Fork and Weight Stack

Magnetic Torque-Fork weight selection system keeps weight plates flat during movement producing smooth operation while the sound-dampening weight stack contains bushings that eliminate metal-on-metal contact.

## Information zone and back-pad adjustment

Integrated storage provides viewing access for workout booklet reinforcing proper exercise technique. The adjustable back pad provides full stabilization and support for chest, back and shoulder exercises.

# HYBRID STRENGTH TECHNOLOGY



## WARRANTY

Frame and welds

Parts

Upholstery, cables, grips, handles

### RESIDENTIAL

Lifetime

Lifetime

10 years

### COMMERCIAL

10 years

1 year

90 days



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