



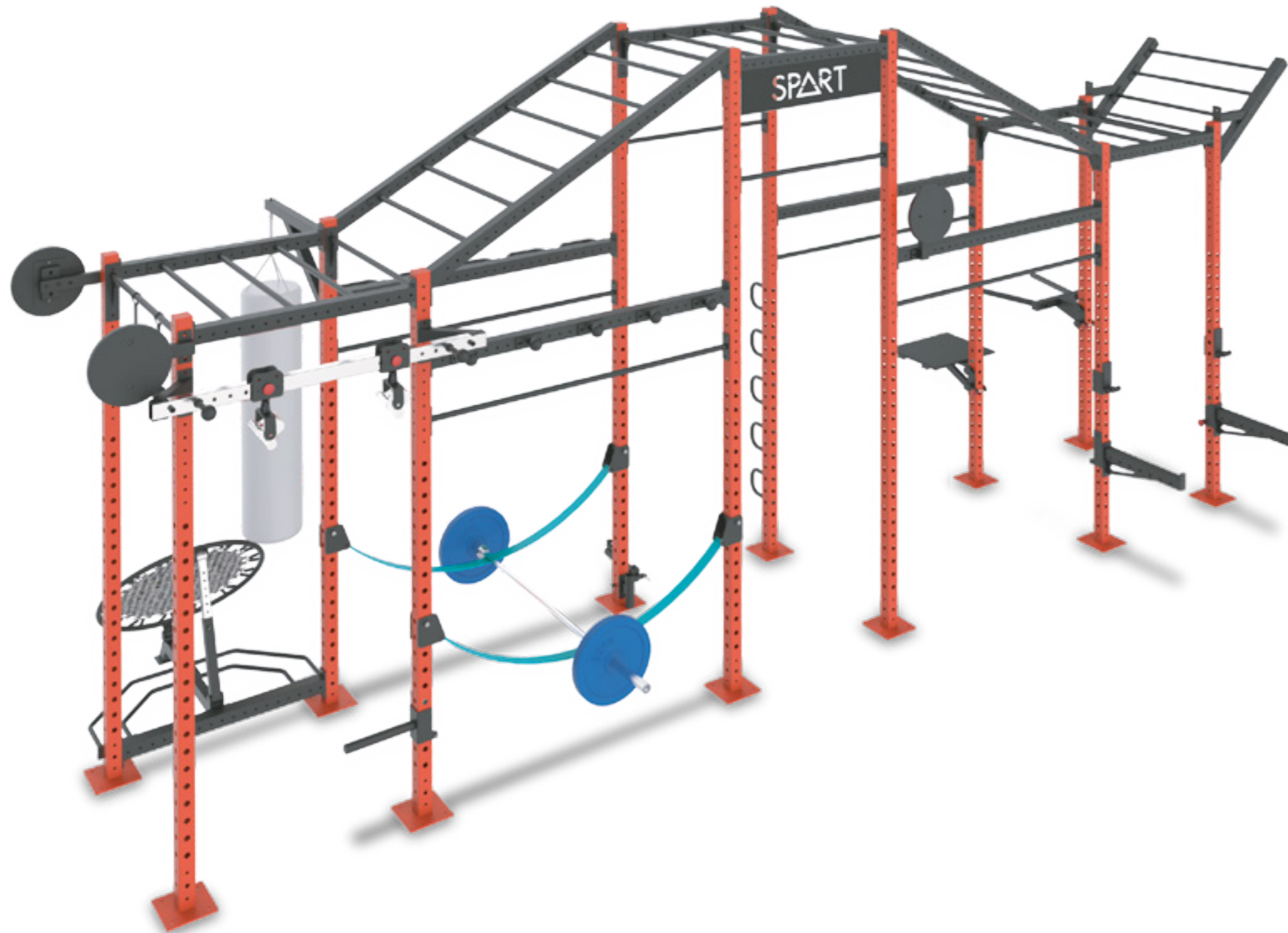
SPART[®]

www.spartfitness.it

FUNCTIONAL EQUIPMENT

FUNCTIONAL TRAINING STATIONS
CONFIGURATIONS AND COMPONENTS
POWER RACKS
SQUAT RACKS
WALL RACKS
PULL UP RACKS
STORAGE RACKS
FLAT BENCHES
ADJUSTABLE BENCHES
HIP THRUSTERS
GHD BENCHES

▷ ST1001



FUNCTIONAL TRAINING STATION



ACCESSORIES NOT INCLUDED.

TECHNICAL MEASURES

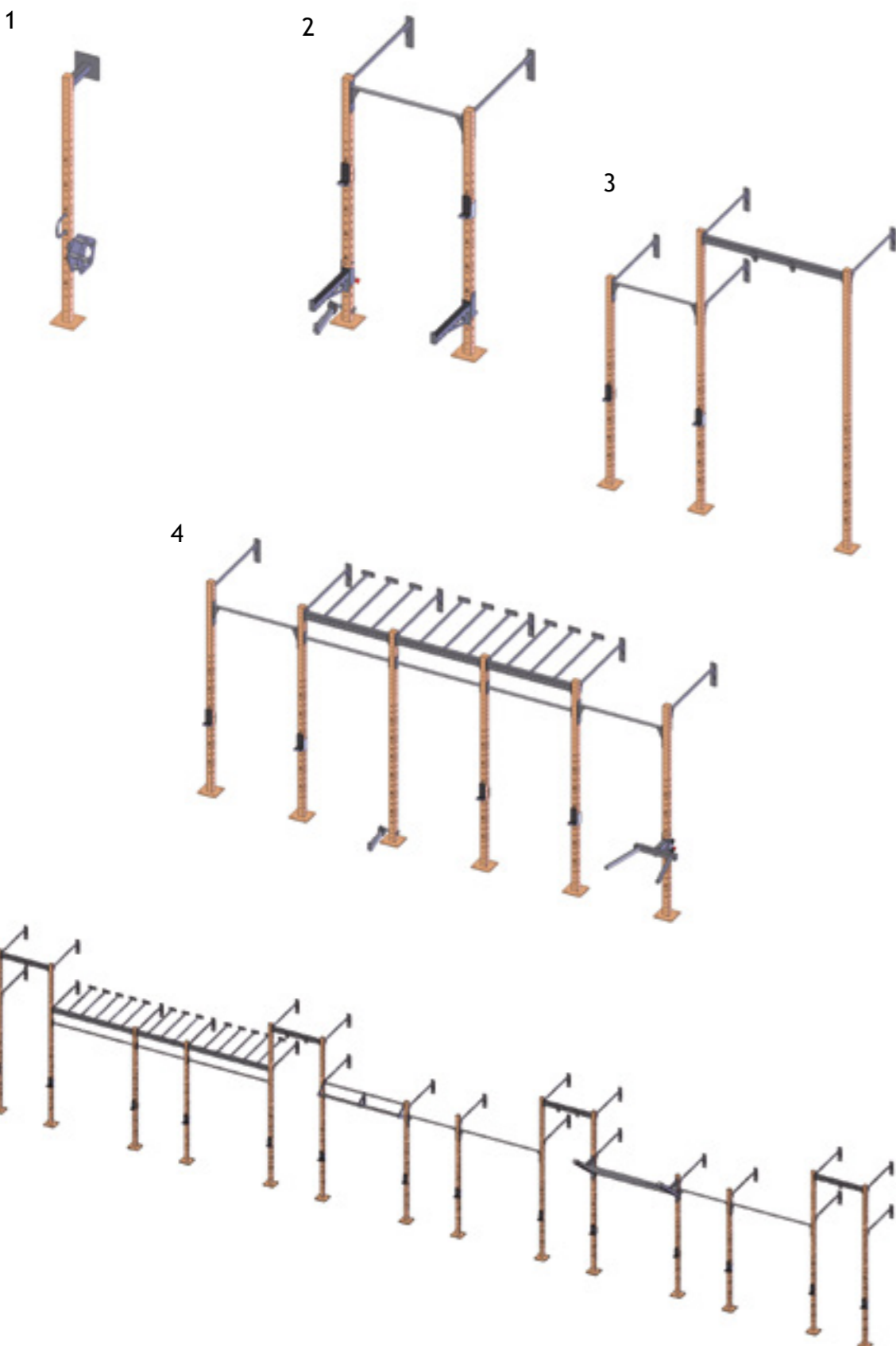
ASSEMBLY SIZE : L827 x W227 x H368CM

PRODUCT FEATURES

Provides a dedicated space for countless functional training exercise. Monkey bars are great for developing shoulder and arm strength. Attach any bodyweight training device, such as climbing ropes, rings etc for unique training options. Includes specially designed holders for resistance bands, training ropes, Olympic Bars and weight plates.

LAYOUT EXAMPLES
WALL MOUNT

LAYOUT EXAMPLES
STAND ALONE

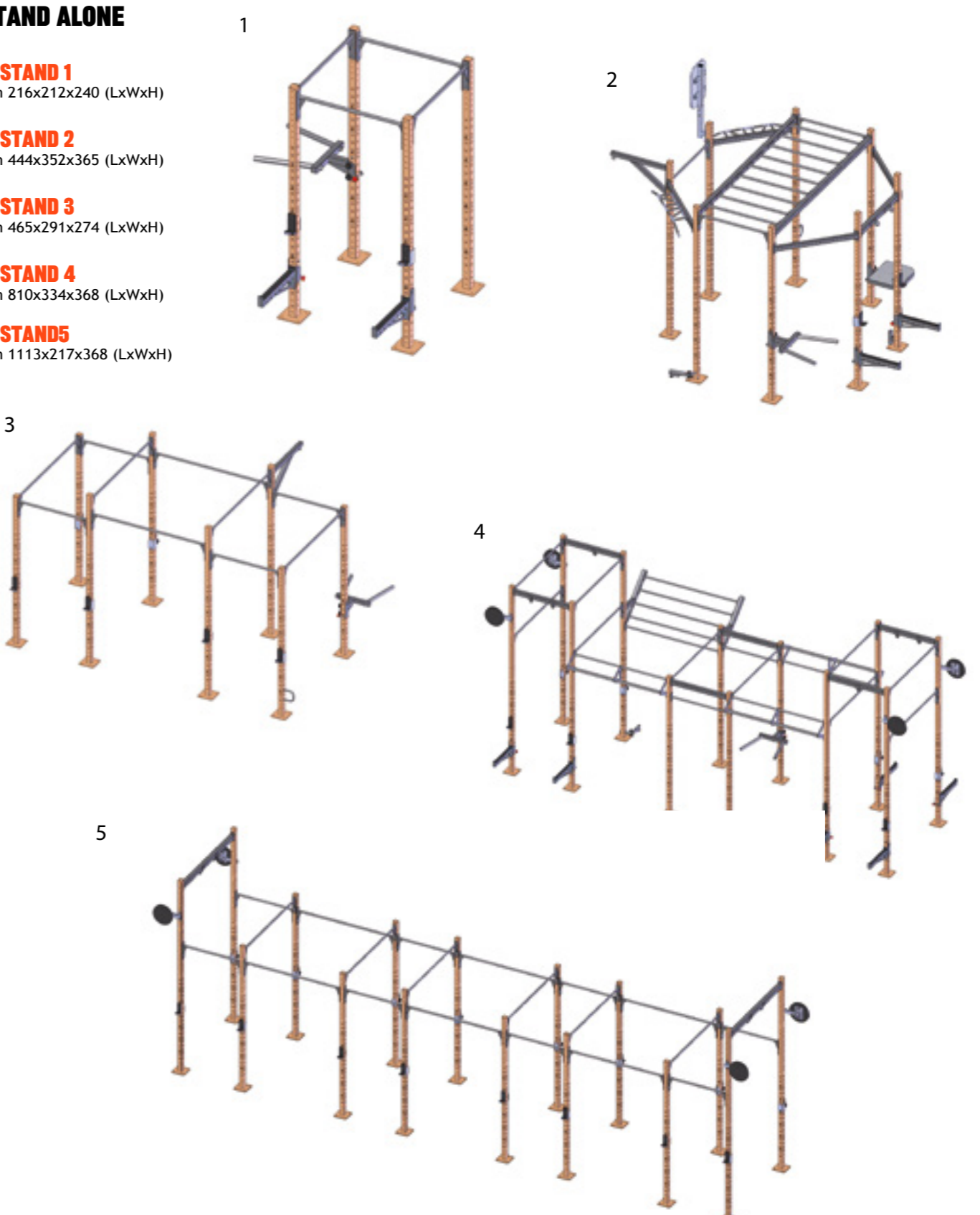


WALL MOUNT

- 1. **WALL 1**
Cm 56x30x243 (LxWxH)
- 2. **WALL 2**
Cm 197x169x240 (LxWxH)
- 3. **WALL 3**
Cm 326x125x368 (LxWxH)
- 4. **WALL 4**
Cm 631x197x274 (LxWxH)
- 5. **WALL 5**
Cm 1957x193x368 (LxWxH)

STAND ALONE

- 1. **STAND 1**
Cm 216x212x240 (LxWxH)
- 2. **STAND 2**
Cm 444x352x365 (LxWxH)
- 3. **STAND 3**
Cm 465x291x274 (LxWxH)
- 4. **STAND 4**
Cm 810x334x368 (LxWxH)
- 5. **STAND 5**
Cm 1113x217x368 (LxWxH)



LAYOUT EXAMPLES
CALISTHENICS



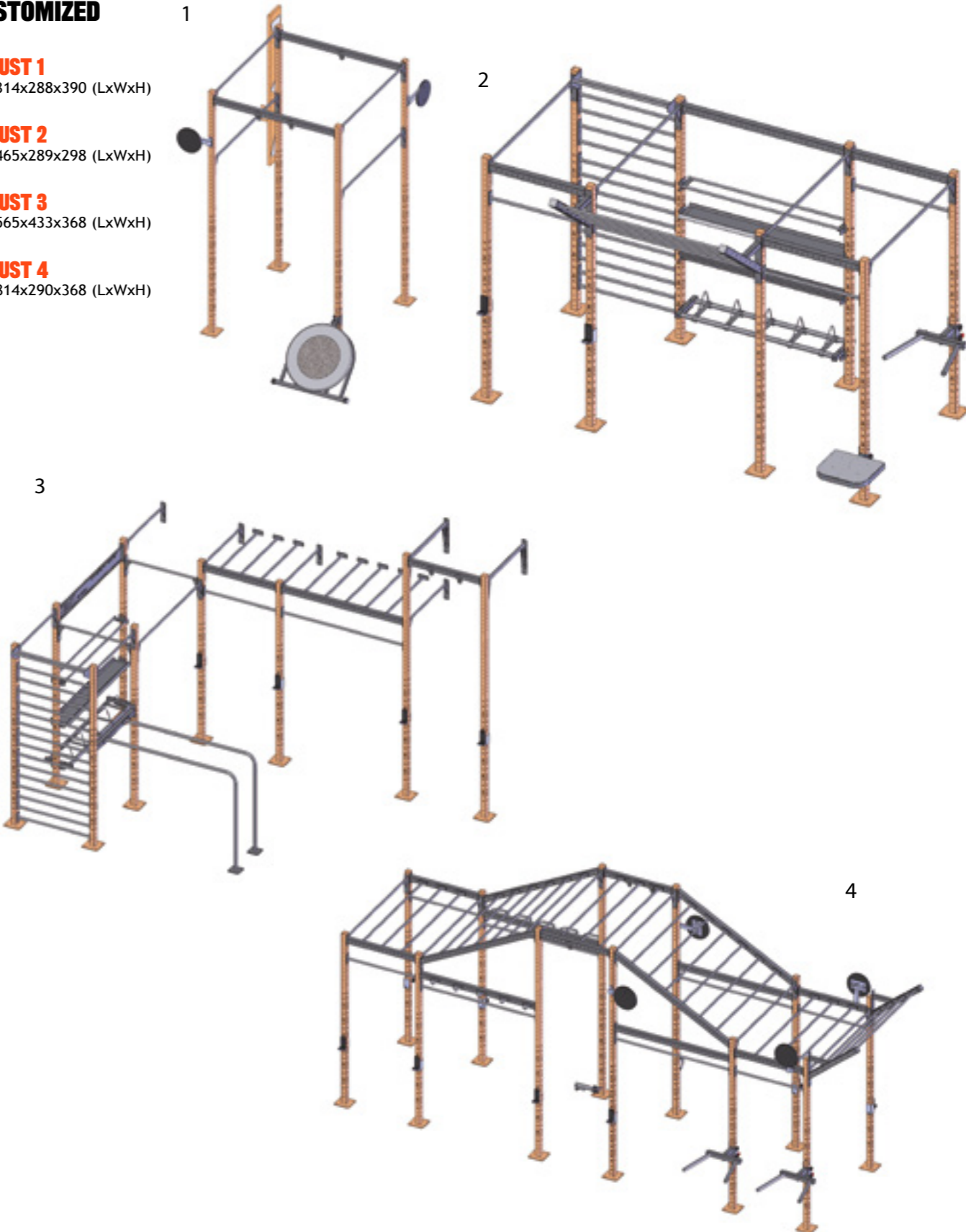
CALISTHENICS

- 1. **CAL 1**
Cm 392x223x240 (LxWxH)
- 2. **CAL 2**
Cm 581x220x267 (LxWxH)
- 3. **CAL 3**
Cm 765x493x368 (LxWxH)

LAYOUT EXAMPLES
CUSTOMIZED

CUSTOMIZED

- 1. **CUST 1**
Cm 314x288x390 (LxWxH)
- 2. **CUST 2**
Cm 465x289x298 (LxWxH)
- 3. **CUST 3**
Cm 565x433x368 (LxWxH)
- 4. **CUST 4**
Cm 814x290x368 (LxWxH)



/01 FUNCTIONAL EQUIPMENT
CROSSRIG COMPONENTS

/01 FUNCTIONAL EQUIPMENT
CROSSRIG COMPONENTS



BODY COMPONENTS

- 1. **CF1002-A1/A2/A3**
UPRIGHT TUBE
2,7 / 3,7 / 2,4m
- 2. **CF1002-A3B**
UPRIGHT TUBE DOUBLE FLANGE
2,4m
- 3. **CF1002-B1/B2**
ELEVATION CROSSBAR
1,6 / 2,1 m
- 4. **CF1002-B3**
ELEVATION CROSSBAR
1,2 m
- 5. **CF1002-C1/C2**
MONKEY BAR
1,8 / 1,08m
- 6. **CF1002-E1/E2/E3**
CROSS BAR
1,8 / 1,08 / 2,8m
- 7. **CF1002-E8**
CROSS BAR BRIDGE
2,8m
- 8. **CF1002-F1/F2**
CHIN-UP BAR
1,8 / 1,08 m
- 9. **CF1002-Z8**
CONNECTION SPART
1,8m
- 10. **CF1001-B1/B2**
CHIN-UP BAR
1,8 / 1,08 m
- 11. **CF1001-C1/C2**
OVERPASS
1,8 / 1,08 m
- 12. **CF1001-J1/J6**
TRIANGULAR CROSSES
1,8 / 1,08 m
- 13. **CF1001-J4/J5**
UP & DOWN BAR
1,08 / 1,8m

CHIN UP BAR

- 14. **CF1001-E1/E2**
PULL UP RAMP
1,08 / 1,8m
- 15. **CF1001-O**
SLIDING PULL UP SYSTEM
- 16. **CF1002-G1**
CHIN-UP BAR
- 17. **CF1002-G2**
CHIN-UP BAR
- 18. **CF1002-G3**
CHIN-UP BAR
- 19. **CF1002-G4**
CHIN-UP BAR
1,08m

GRIP TRAINING

- 20. **CF1002-I1**
D SHAPE HANDLE
- 21. **CF1002-J1**
RACK BALL

DIP HORN

- 22. **CF1001-M**
DIP HORN

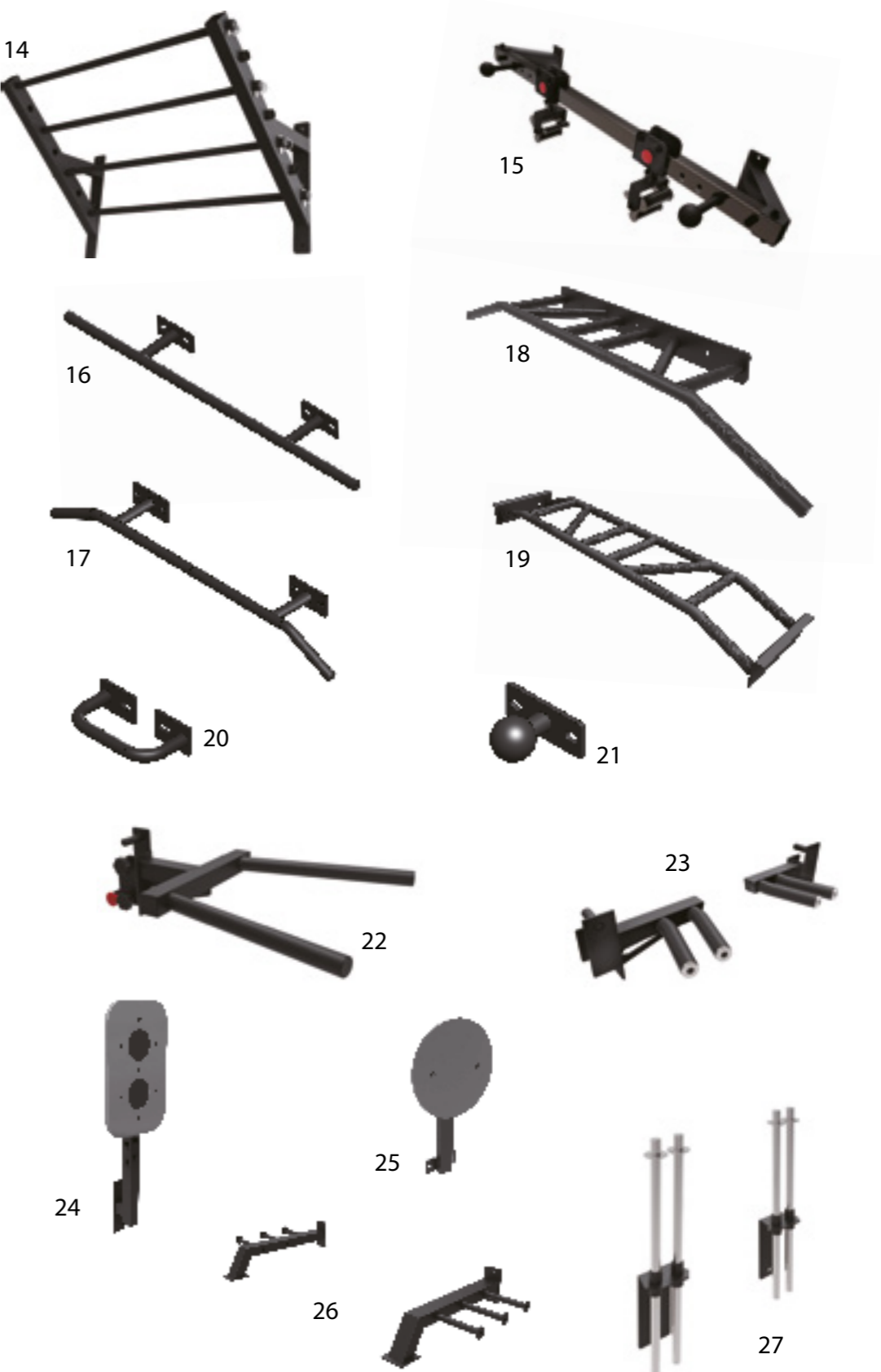
WALL BALL TARGET

- 24. **CF1001-F2**
LONG WALL BALL TARGET

- 25. **CF1002-O1**
WALL BALL TARGET

BAND PEGS

- 26. **CF1001-I2**
PEGS BAR
- 27. **CF1001-I**
POWER BAND PEGS SET



/01 FUNCTIONAL EQUIPMENT
CROSSRIG COMPONENTS

/01 FUNCTIONAL EQUIPMENT
CROSSRIG COMPONENTS



**BAR AND
SAFETY HOLDER**

28. **CF1001-D1**
J HOOKS

29. **CF1001-D2**
SAFETY HOLDER

30. **CF1001-N**
SLING BRIDGE
1,8m

SINGLE STATION

31. **CF1001-K1**
PULLEY STATION
WEIGHT STACK

32. **CF1001-K3**
PULLEY STATION PLATE

33. **CF1001-L5**
PLYO BOX BOARD

34. **CF1001-Q1**
ROTATIONAL CORE

35. **CF1001-S2**
PUNCHING BAG

36. **CF1001-V**
TRAMPOLINE

37. **CF1001-V2**
TRAMPOLINE

38. **CF1001-W1**
SISSY SQUAT

39. **CF1001-W2**
GHD

40. **CF1001-W4**
ABDOMINAL BENCH

ROPE ATTACHMENTS

41. **CF1001-O2**
A-HANGER WITHOUT RINGS

42. **CF1001-O5**
HOOK

43. **CF1002-I11**
HOOK

44. **CF1002-I2**
U HANDLE FOR ROPE

45. **CF1002-I5**
BRAZILIAN ROPE ONE DRUM

STORAGE

46. **CF1001-H1**
PLATE STORAGE

47. **CF1001-H2**
BAR HOLDER

48. **CF1001-R2/R7**
DUMBBELL STORAGE
1,08 / 1,8m

49. **CF1001-R3/R8**
KETTLEBELL STORAGE
1,08 / 1,8m

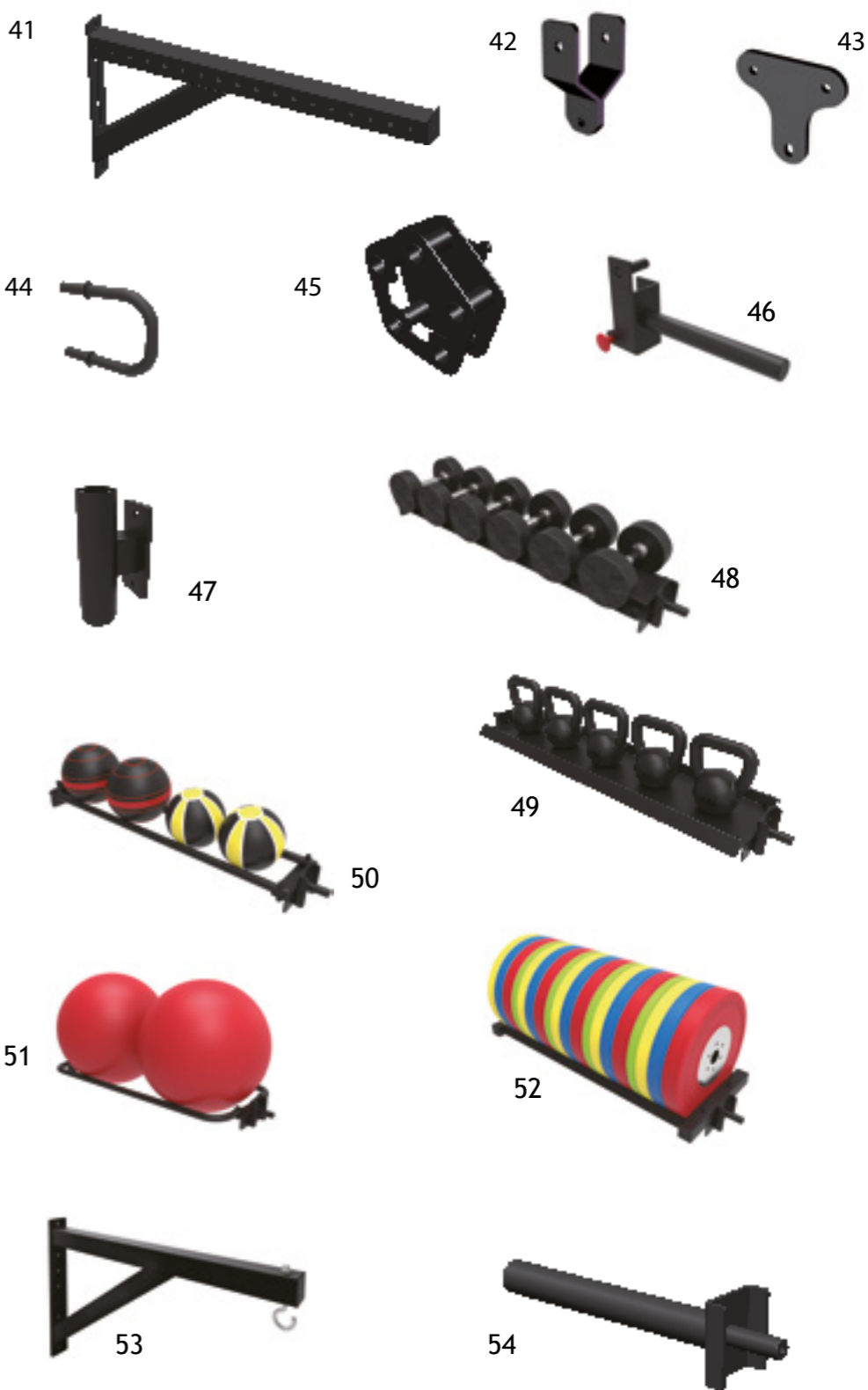
50. **CF1001-R4/R9**
SLAM & MED. BALL STORAGE
1,08 / 1,8m

51. **CF1001-R5/R10**
GYM BALL STORAGE
1,08 / 1,8m

52. **CF1001-R6/R11**
OLYMPIC WEIGHT STORAGE
1,08 / 1,8m

53. **CF1001-S**
PUNCHING BAG BRACKET

54. **CF1067-12**
PLATE STORAGE SLEEVE



▷ ST1003



POWER RACK



TECHNICAL MEASURES

ASSEMBLY SIZE : 226 x 234 x 225CM

PRODUCT FEATURES

Extremely stable base to support the hardest cross trainer.
Perform any exercise you would normally perform on a regular power rack such as presses, lifts, squats.
Can be used with the optional bumper plate toaster rack for tidy storage and easy selection of bumper plates.

MAXIMUM LOAD : 400 Kg

▷ ST4001



PLATE LOADED POWER RACK

TECHNICAL MEASURES

ASSEMBLY SIZE : L174 x W146 x H206CM

PRODUCT FEATURES

Extremely stable base to support the hardest cross trainer.
Perform any exercise you would normally perform on a regular power rack such as presses, lifts, squats. Can be used with the optional bumper plate toaster rack for tidy storage and easy selection of bumper plates.

Maximum load: 400kg

▷ ST1009



CROSSFIT RIG

TECHNICAL MEASURES

ASSEMBLY SIZE : L130 x W140 x H230CM

PRODUCT FEATURES

Ideal rack for squats & bench press exercises, provides safety when working out.
2 x full length safety bars, 2 x barbell rests, built in solid steel pull up bar.
Solid construction for commercial use.

Maximum load: 300kg

▷ ST3002



SQUAT RACK WITH PULL-UP BAR

TECHNICAL MEASURES

L126 x W134 x H240CM

PRODUCT FEATURES

Self-supporting squat rack with barbell supports and pull up bar for traction. Solid and professionally made, it is also suitable for garage gyms or home training areas for residential use.

Maximum load: 300kg

▷ ST3001



SQUAT RACK

TECHNICAL MEASURES

ASSEMBLY SIZE : L228 x W101 x H186CM

PRODUCT FEATURES

Many incremental adjustments for the perfect height for your exercise
Weight holder on back for extra storage. Dip handles included as standard (slightly angled so very ergonomic).
Adjustable width squat stands.

Maximum load: 300kg

WALL MOUNT FOLDABLE RACK

TECHNICAL MEASURES

Foldable wall rack ideal for squats and tractions on the bar with which it is equipped. Built in resistant steel, for intense professional use, it is also highly appreciated for home training, especially for its space-saving features.

Cm 96 x 144 x 286 (H)

Height 240 cm

Training Bar length 120 cm

Training Bar distance from the wall 55 cm (when open)

Maximum load: 200kg

SQUAT STAND

TECHNICAL MEASURES

Couple of barbell supports for squat exercises, equipped with wheels to be easily moved when necessary.

Cm 59 x 52 x 173 (H)

Maximum load: 200kg

▷ ST1041



▷ CE4101



▷ CE4111



▷ CE4100



MULTI-GRIP CHIN UP

TECHNICAL MEASURES

Chin-ups are arguably the best upper body exercise around.

There is no other pulling exercise that can replace its functional value.

A chin-up bar in a gym is a highly useful fixture, given that it can also be used as an anchor for rings, bands or a suspension training device.

It allows different exercise positions thanks to the multi grips.

Assembly Size : 131 x 58 x 60cm

PULL UP RACK

TECHNICAL MEASURES

A simple training bar which is a highly useful fixture, as an anchor for rings, bands or a suspension training device.

Assembly Size : 152 x 41 x 38cm

POWER PULL UP RACK

TECHNICAL MEASURES

A professional training bar which is a highly useful fixture, as an anchor for rings, bands or a suspension training device.

Great for crosstraining exercises: muscle ups and pull up kipping thanks to its very long sided brackets (90 cm).

Bar distance from the wall 81 cm.

Bar length 108 cm.

ST1017



TECHNICAL MEASURES

Assembly Size: L543 x W40 x H101cm
Shelf Length: 122 cm



KETTLEBELL SHELF ST1017-B



MEDICINE BALL SHELF ST1017-C



PLATE SLEEVE
ST1017-F



DUMBBELL SHELF ST1017-E



ACCESSORY(Band,Belt,etc.) SHELF ST1017-G



WALL BALL/SLAM BALL SHELF ST1017-D



BUMPER PLATE SHELF ST1017-H



UPRIGHT TUBE

ST1017-A10

Height: 1m

ST1017-A15

Height: 1.5m

ST1017-A18

Height: 1.8m

ST1017-A10W

Height: 1m(with wheels)

ST1017-A15W

Height: 1.5m(with wheels)



MODULAR STORAGE RACK

PRODUCT FEATURES

This amazing storage rack is expandable to any length and shapes, available in 2-tier and 3-tier.
Fulfill all of your storage needs in one system.
Fully adaptable and expandable in length, size, and trays to choose from.
Additional wheel helps you to move it easily.

ST1005



ST1028



FLAT BENCH

TECHNICAL MEASURES

ASSEMBLY SIZE : L134 x W61 x H46CM

PRODUCT FEATURES

Backrest = 120cm (Length) x 30cm (Width) x 6cm densely thick padding. Gives you some of the best free weight exercises to build a rock solid body!

Get a full-body workout with the strongest and most versatile Flat Bench available.

Front handle & Dual rear transport wheels allows you to easily move and roll the bench anywhere you like without having to pick up the bench completely.

Maximum load: 300kg

ADJUSTABLE BENCH

TECHNICAL MEASURES

Adjustable bench is a reclining bench with exclusive design, equipped with three different seat settings and eight additional back rest positions, allowing a wide variety of exercises. Also easy to move due to handle and built-in wheels.

Size: cm 140 x 65 x 48 (H)

Color: Black – Silver available on request

Maximum load: 300kg

▷ ST1029



MULTI HIP THRUSTER

TECHNICAL MEASURES

ASSEMBLY SIZE : L176 x W99 x H49CM

PRODUCT FEATURES

Multifunctional bench which allows the hip push exercise, the most effective for the development of the glutes. Equipped with wheels to be movable, a platform for exercises with a barbell and numerous supports for elastic bands, it also allows exercises for the biceps in a sitting position.

▷ ST2002



GHD BENCH

▷ ST2022



TECHNICAL MEASURES

ST2002
ASSEMBLY SIZE : 222 X 75 X 110 CM
ST2022
ASSEMBLY SIZE : 202 X 108 X 110 CM

PRODUCT FEATURES

The GHD is stable and solidly constructed of steel. Perfect for commercial or home gym use. The half moon pad is made of high density foam and upholstered in vinyl, making it very resistant to crushing and easy to clean. The single pop-pin adjustability makes it easy to change pad-to-foot roller lengths when moving between exercises or athletes. Bolt-together design allows it to be shipped flat, resulting in considerable freight savings.