

A man with short dark hair and a beard, wearing a black tank top, is working out on a SPART strength machine. He is seated and leaning back, holding the handles of the machine with both hands. The machine has a large black weight plate at the top with '10 KG' written on it. The machine's frame is black, and there is a prominent green vertical bar. The background is dark with blue geometric patterns. A large orange arrow points from the top left towards the man.

SPART®

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STRENGTH EQUIPMENT

PLATE LOADED MACHINES
BENCHES

▷ PL0220



HACK SQUAT

TECHNICAL MEASURES

174 x 66 cm x 161 (H)

Machine designed to work the quadriceps from the standing position. It is based on the movements of the traditional squat with barbell but with the possibility of keeping the spinal column partially out of action thanks to the special pantograph. The latter enables the backrest to follow the trunk during the entire movement and makes it possible to limit the stress on the spinal column, thereby reducing the risk of overloading joints and causing conditions that make this exercise painful to execute. The oversized foot plate (with variable slope) allows several different foot positions for safety and workout variety.

Maximum load: 300 kg

▷ PL0210



LEG PRESS

TECHNICAL MEASURES

210 x 116 cm x 162 (H)

The presence of the special pantograph ensures the natural correct movement and the total foot contact, which is maintained during the entire exercise, thanks to the angled foot platform. A further advantage of the angled platform is to reduce lateral strain on the spinal column when legs are pushing as well as limiting the effect of inertial forces on the lower back during the eccentric movement. The adjustable seat back lets users set their most comfortable body position.

Maximum load: 450 kg

▷ PL0610



CHEST PRESS

TECHNICAL MEASURES

115 x 145 cm x 189 (H)

The machine targets muscles in the chest and upper arms with a comfortable and customizable chest press workout. Quickly add weights to the nickel-plated weight tubes and the precision pivot bearings will ensure each rep is smooth and natural. Padded, ergonomic chair back design and an adjustable padded seat provide a comfortable workout. Build the upper body you wish with the Plate loaded chest machine.

Maximum load: 300 kg

▷ PL0710



SHOULDER PRESS

TECHNICAL MEASURES

cm 134 x 155 x 160 (h)

This machine allows to workout shoulders in absolute safety. Positioning the seat to a level that will bring the shoulder to the height of the grip, you get a correct starting position. The independent levers with converging motion ensure a more balanced muscle development; they offer the opportunity to train one arm at a time, or perform simultaneously exercises alternately.

Maximum load: 300 kg

LAT PULL DOWN

TECHNICAL MEASURES

The machine strenghtens the back muscles to build core strength, with a smooth and natural movement.

Cm 193 x 191 x 198 (h)

Maximum load: 300 kg

▷ PL0510



▷ PL0960



MULTIPOWER

TECHNICAL MEASURES

Multi-purpose machine allowing many guided exercises for upper and lower limbs.

Cm 207 x 132 x 216 (h)

ROW

TECHNICAL MEASURES

The machine trains the back body, with a natural and smooth movement with independent arms.

Cm 162 x 123 x 127 (h)

Maximum load: 300 kg

▷ PL0760



▷ PL0520



T-BAR ROW

TECHNICAL MEASURES

This machine works the lats, spinal erectors, traps, rear deltoids, biceps and forearms.

Cm 172 x 104 x 120 (h)

Maximum load: 150 kg

SEATED CALF

TECHNICAL MEASURES

Machine to train calf muscle safely and effectively.

Cm 133 x 67 x 103 cm (H)

Maximum load: 150 kg

▷ PL0190



▷ PL0095



WEIGHT PLATE RACK

TECHNICAL MEASURES

Cm 71 x 126 x 120 (h)



▷ PF0010



ADJUSTABLE BENCH

TECHNICAL MEASURES
Cm 127 x 54 x 50

Multi purpose bench to support various types of exercises with barbell, dumbbell and small accessories. It gives the user options for flat or incline positions of backrest and seat. The frame can handle the heaviest lift and is easily movable thanks to its wheels.

▷ PF0015



SIMPLE BENCH

TECHNICAL MEASURES
Cm 124 x 54 x 50

A simple bench exceeding any expectations with its solidity, comfort, and easy handling thanks to its wheels.

▷ PF0037



HYPER- EXTENSION

TECHNICAL MEASURES
Cm 124 x 760 x 950

Specific bench to train lower back muscles, glutes, and hamstrings bodyweight. User rests pelvis and hips on the cushions, and feet on the footrest, bending down. The telescopic pad adjustment accomodates users of all sizes. Equipped with stabilization grips for user safety.

CRUNCH BENCH

TECHNICAL MEASURES

Cm 142 x 55 x 112

Specific bench to train abdominals, lying down on the backrest and placing legs on cushions.

The inclination of the backrest and the height of the cushions make the bench easy to be used by people of different sizes.

▷ PF0030



BENCH PRESS

TECHNICAL MEASURES

Cm 148 x 127 x 117

Multifunction bench for specific training of the arms using barbell, leaning on the back. Equipped with two comfortable bar holders for people of different height.

▷ PF0060



DECLINE BENCH PRESS

TECHNICAL MEASURES

Cm 172 x 127 x 117

This bench stimulates chest and deltoid muscle in a different way compared to flat bench press. Adjustable rollers and ten different inclinations of the backrest allow a great versatility of use and range of motion.

▷ PF0063



▷ PF0065



▷ PF0020



▷ PF0035



INCLINE BENCH PRESS

TECHNICAL MEASURES

Cm 183 x 127 x 143

Inclined bench for specific training of chest and deltoid with barbell. Exercises are performed while seated, with the back against the back rest, gripping the barbell positioned on the holders.

Equipped with comfortable platform to assist user for more safety.

SQUAT RACK

TECHNICAL MEASURES

Cm 194 x 181 x 172

Equipped with olympic barbell holders at different heights, to allow a safe and personalized workout for people of different height, this rack offers many training options.

CHIN DIP ABDOMINAL

TECHNICAL MEASURES

Cm 100 x 125 x 225

Allows different tractions thanks to multiple pull up grip positions, for exercise variation, diverging dip bars for various grip options, comfortable supports for elbows and back for abdominal training, and wear-resistant footrests to protect finish.

SCOTT BENCH

TECHNICAL MEASURES

Cm 82 x 80 x 101

Bench for specific training of the arms using a barbell in the seated position. Equipped with dual bar holders for people of different height.

BARBELL RACK

TECHNICAL MEASURES

Cm 74 x 80 x 162

Self supporting barbell rack allowing to store up to 6 pre loaded barbells.

PLATE RACK

TECHNICAL MEASURES

Cm 12,3 x 66 x 100

Plate rack with ten places which integrates perfectly with our line of benches and racks.

▷ PF0080



▷ PF0090



▷ PF0096



▷ PF0097



▷ PF0098



DUMBBELL RACK 2 MT

TECHNICAL MEASURES

Cm 74 x 200 x 81

Self supporting dumbbell rack allowing to store up to 20 dumbbell.

KETTLEBELL RACK 2 MT

TECHNICAL MEASURES

Cm 74 x 120 x 81

Self supporting rack allowing to store kettlebell or similar products.