

CATÁLOGO

Equipamentos Fitness



INTENSE



bsolute



FIRST



CORE

ÍNDICE

INTENSE	P á g . 1	-	S i n g l e S t a t i o n s
	P á g . 4	-	B e n c h e s
	P á g . 6	-	R a c k s
	P á g . 7	-	C a r d i o
bsolute	P á g . 8	-	S i n g l e S t a t i o n s
	P á g . 11	-	D u a l S t a t i o n s
	P á g . 12	-	B e n c h e s
	P á g . 14	-	F u n c t i o n a l
	P á g . 15	-	R a c k s
	P á g . 16	-	C a r d i o
FIRST	P á g . 17	-	S i n g l e S t a t i o n s
	P á g . 20	-	B e n c h e s
	P á g . 21	-	R a c k s
CORE	P á g . 23	-	S i n g l e S t a t i o n s



INTENSE

Single Stations



ASI-001

SUPINO MÁQUINA
(Chest Press)



ASI-002A

PEITORAL CRUCIFIXO
(Pec Fly and Rear Delt)



ASI-008

GRAVITON
(Assist Dip Chin)



ASI-003

DESENVOLVIMENTO OMBRO
(Shoulder Press)



ASI-002

PEITORAL DORSAL
(Pec Fly)



ASI-003A

ELEVAÇÃO LATERAL
(Lateral Raise)



ASI-006

BÍCEPS
(Biceps Curl)



ASI-007 **TRÍCEPS**
(Triceps Curl)



ASI-012 **PUXADA ALTA**
(Lat Pull down)



ASI-012B **PUXADA GUIADA**
(Seated Pull Down)



ASI-004 **REMADA**
(Row)



ASI-012A **REMADA BAIXA**
(Low Row)



ASI-010 **ABDOMINAL**
(Abdominal)



ASI-011 **ROTAÇÃO TORSO**
(Torso Rotation)



ASI-013 **FLEXORA**
(Seated Leg Curl)



ASI-013A **MESA FLEXORA**
(Leg Curl)



ASI-014 **EXTENSORA**
(Leg Extension)



ASI-015 **LEG PRESS**
(Leg Press)



ASI-017 **PANTURILHAS**
(Calf Press)



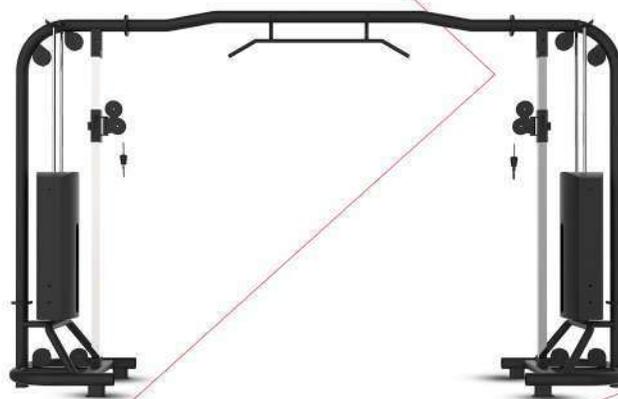
ASI-1819 **ABDUTORA/ADUTORA**
(Hip Adduction/Abduction)



ASI-018 **APOLETE**
(Multi Hip)



ASI-016A **GLÚTEO**
(Glute)



ASI-005 **CROSSOVER**
(Cable Crossover)



ASI-005A **CROSSOVER ANGULAR**
(Dual Adjustable Pulley)

Benches



ASI-020 **SMITH**
(Smith Machine)



ASI-020A **SMITH 3D**
(Smith 3D)



ASI-023B **BANCO SUPINO RETO PREMIUM**
(Olympic Flat Bench)



ASI-023 **BANCO SUPINO RETO**
(Olympic Flat Bench)



ASI-025B **BANCO SUPINO INCLINADO PREMIUM**
(Olympic Incline Bench)



ASI-025 **BANCO SUPINO INCLINADO**
(Olympic Incline Bench)



ASI-037 **BANCO 90°**
(Multi Adjustable Bench)



ASI-036 **BANCO RETO**
(Flat Bench)



ASI-034 **BANCO ABDOMINAL**
(Abdominal Bench)

Benches



ASI-038 **BANCO FIXO**
(Utility Bench)



ASI-024B **BANCO SUPINO DECLINADO PREMIUM**
(Olympic Decline Bench)



ASI-024 **BANCO SUPINO DECLINADO**
(Olympic Decline Bench)



ASI-023A **BANCO MILITAR**
(Olympic Military Bench)



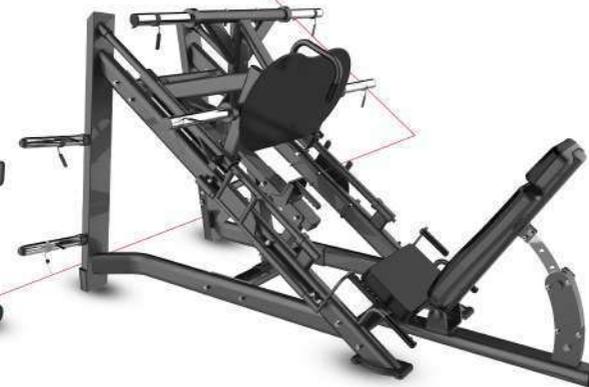
ASI-027 **PARALELA ABDOMINAL**
(Leg Raise)



ASI-026 **BANCO LOMBAR**
(Back Extension)



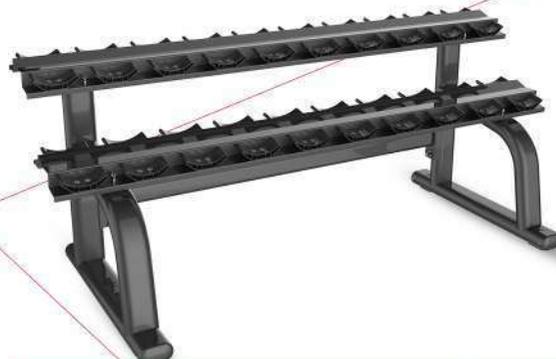
ASI-040 **BANCO ARM CURL**
(Arm Curl Bench)



ASI-022 **LEG PRESS 45°**
(Angled Leg Press)



ASI-030A **SUPORTE DUMBBELL 10 POSIÇÕES**
(Single Tier Dumbbell Rack)



ASI-030B **SUPORTE DUMBBELL 20 POSIÇÕES**
(Two-Tier Dumbbell Rack)



ASI-030C **SUPORTE DUMBBELL 30 POSIÇÕES**
(Three Tier Dumbbell Rack)



ASI-021 **SUPORTE PARA AGUACHAMENTO**
(Olympic Squat Rack)



ASI-039 **SUPORTE BARRA MONTADA 10 POSIÇÕES**
(Barbell Rack)



ASI-042 **ANILHEIRO LATERAL 6 POSIÇÕES - 700KG**
(Olympic Weight Tree)



ASI-039A **SUPORTE DE BARRAS E ACESSÓRIOS**
(Handle Rack)



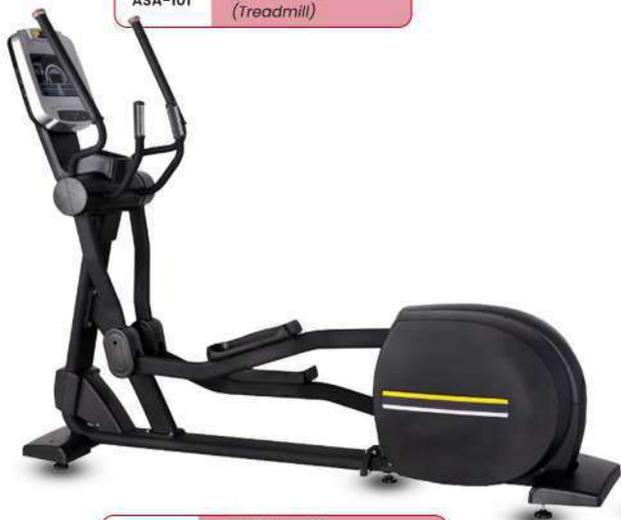
ASA-101 **ESTEIRA**
(Treadmill)



ASA-102 **ESCADA**
(Climber)



ASA-103 **BICICLETA SPINNING**
(Magnetic Spinning Bike)



ASA-106 **ELIPITICO**
(Elliptical LED screen)



ASA-105 **AIR ROWER**
(Air Rower)



ASA-104 **AIR BIKE**
(Air Bike)



Single Station



ASA-001
SUPINO MÁQUINA
(Chest Press)



ASA-002
PEITORAL DORSAL
(Pec Fly)



ASA-003
DESENVOLVIMENTO DE OMBRO
(Shoulder Press)



ASA-003A
ELEVAÇÃO LATERAL
(Lateral Raise)



ASA-002a
PEITORAL CRUCIFIXO
(Pec Fly and Rear Delt)



ASA-008
GRAVITON
(Assist Dip Chin)



ASA-006
BÍCEPS
(Biceps Curl)



ASA-007 **TRÍCEPS**
(Triceps Curl)



ASA-012b **PUXADA GUIADA**
(Seated Pull Down)



ASA-012 **PUXADA ALTA**
(Lat Pull Down)



ASA-004 **REMADA**
(Row)



ASA-012A **REMADA BAIXA**
(Low row)



ASA-010A **LOMBAR**
(Back Extension)



ASA-011 **ROTAÇÃO TORSO**
(Torso Rotation)



ASA-010 **ABDOMINAL**
(Abdominal)



ASA-010T **ABDOMINAL AJUSTÁVEL**
(Adjustable Abdominals)



ASA-016 **APOLETE**
(Multi Hip)



ASA-013A **MESA FLEXORA**
(Leg Curl)



ASA-014 **EXTENSORA**
(Leg Extension)



ASA-013 **FLEXORA**
(Seated Leg Curl)



ASA-019 **ABDUTORA**
(Hip Abduction)



ASA-018 **ADUTORA**
(Hip Adduction)



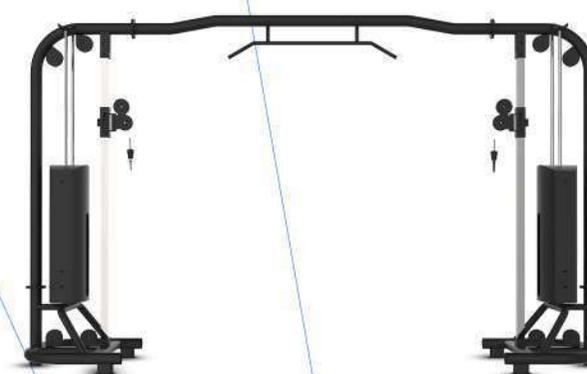
ASA-015 **LEG PRESS**
(Leg Press)



ASA-017 **PANTURILHAS**
(Calf Press)



ASA-016A **GLÚTEO**
(Glute)



ASA-005 **CROSSOVER**
(Cable Crossover)



ASA-005A **CROSSOVER ANGULAR**
(Dual Adjustable Pulley)



ASA-0607 **BÍCEPS TRÍCEPS**
(Biceps Curl & Triceps)



ASA-1212A **PUXADA ALTA
REMADA BAIXA**
(Lat Pull down & Row)



ASA-0607 **EXTENSORA FLEXORA**
(Leg Extension & Curl)



ASA-1819 **ADUTORA ABDUTORA**
(Hip Adduction/Abduction)



ASA-0103 **SUPINO RETO, INCLINADO,
DESENVOLVIMENTO**
(Multi Press)



ASA-023

BANCO SUPINO RETO
(Weight Bench)



ASA-025

BANCO SUPINO INCLINADO
(Olympic Incline Bench)



ASA-024

BANCO SUPINO DECLINADO
(Decline Bench)



ASA-038

BANCO FIXO
(Utility Bench)



ASA-033

ALONGAMENTO
(Draw Muscle Machine)



ASA-035

BANCO ABDOMINAL RETO
(Crunch Bench)



ASA-036

BANCO RETO
(Flat Bench)



ASA-037

BANCO 90°
(Multi Adjustable Bench)



ASA-034 **BANCO ABDOMINAL AJUSTÁVEL**
(Adjustable Web Board)



ASA-032 **ABDOMINAL CRUNCH**
(Abdominal Machine)



ASA-028 **BANCO ABDOMINAL**
(Web Board)



ASA-026 **BANCO LOMBAR**
(Roman Chair)



ASA-040 **BANCO SCOT**
(Scott Bench)



ASA-031 **LEVANTAMENTO STIFF**
(T Arm Machine)



ASA-029 **BANCO PANTURRILHA**
(Seated Calf Machine)



ASA-022 **LEG PRESS 45°**
(Leg 45°)



ASA-022B **LEG PRESS 45° STRONG**
(Leg 45°)



ASA-020 **SMITH**
(Smith Machine)



ASA-027 **PARALELA ABDOMINAL**
(Leg Raise)



ASA-045 **BANCO ABDOMINAL ARTICULADO**
(Rectus abdominis trainer)



ASA-061 **FORTALECIMENTO PUNHO**
(Wrist trainer)



ASA-021a **GAIOLA**
(Power Cage)



ASA-030 **SUPOTE PARA DUMBBELLS 10 POSIÇÕES**
(Two Tier Dumbbell Rack)



ASA-039 **SUPOTE BARRA MONTADA 10 POSIÇÕES**
(Barbell Rack)



ASA-041 **ANILHEIRO 7 POSIÇÕES**
(Weight Plate Tree)



ASA-101A **ESTEIRA PROFISSIONAL**
(Commercial Treadmill)



ASA-101B **ESTEIRA PROFISSIONAL ROUND**
(Commercial Treadmill)



ASA-102 **ESCADA**
(Climber)



ASA-103 **BIKE SPINNING**
(Spinning Bike)



ASA-106 **ELIPITICO**
(Elliptical LED screen)



ASA-104 **AIR BIKE**
(Air Bike)



ASA-105 **AIR ROWER**
(Air Rower)



ASF-001 **SUPINO MÁQUINA**
(Chest Press)



ASF-002 **PECK DECK**
(Pec Fly)



ASF-003 **DESENVOLVIMENTO DE OMBRO**
(Shoulder Press)



ASF-011 **ROTAÇÃO TORSO**
(Torso Rotation)



ASF-002a **VOADOR**
(Pec Fly and Rear Delt)



ASF-008 **GRAVITON**
(Assist Dip Chin)



ASF-006 **BÍCEPS**
(Biceps Curl)



ASF-007 **TRÍCEPS**
(Triceps Curl)



ASF-004 **REMADA**
(Row)



ASF-012a **REMADA BAIXA**
(Low Row)



ASF-013 **FLEXORA**
(Seated Leg Curl)



ASF-013a **MESA FLEXORA**
(Leg Curl)



ASF-014 **EXTENSORA**
(Leg Extension)



ASF-017 **PANTURRILHAS**
(Calf Press)



ASF-010 **ABDOMINAL**
(Abdominal)



ASF-015 **LEG PRESS**
(Leg Press)

ASF-016 **APOLETE**
(Multi Hip)

ASF-012 **PUXADA ALTA**
(Lat Pull Down)



ASF-018 **ADUTORA**
(Hip Adduction)



ASF-019 **ABDUTORA**
(Hip Abduction)





ASS-027 **PARALELA ABDOMINAL**
(Leg Raise)



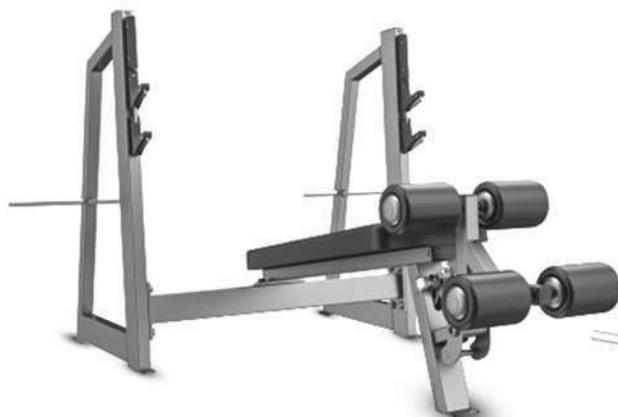
ASS-021A **GAIOLA**
(Power Cage)



ASS-021 **SUPORE AGACHAMENTO**
(Squat Rack)



ASS-023B **BANCO SUPINO RETO**
(Olympic Bench)



ASS-024 **BANCO SUPINO DECLINADO**
(Decline Bench)



ASS-025 **BANCO SUPINO INCLINADO**
(Olympic Incline Bench)



ASS-036 **BANCO RETO**
(Flat Bench)



ASS-037B **BANCO AJUSTÁVEL**
(Multi Adjustable Bench)



ASS-038 **BANCO RETO**
(Flat Bench)



ASS-037 **BANCO DECLINÁVEL AJUSTÁVEL**
(Adjustable Decline Bench)



ASS-040 **BANCO SCOT**
(Seated Preacher Cur)



ASS-092 **REMADA CAVALINHO**
(Incline Level Row)



ASS-029 **BANCO PANTURRILHA**
(Seated Calf Machine)



ASS-026 **BANCO LOMBAR**
(Back Extensionh)



ASS-039

**SUPORE BARRA
MONTADA 10 POSIÇÕES**
(Barbell Rack)



ASS-039A

SUPORE DE BARRAS E ACESSÓRIOS
(Handle Rack)



ASS-041

ANILHEIRO VERTICAL 6 POSIÇÕES
(Vertical Plate Tree)



ASS-092

SUPORE PARA DUMBBELLS 10 PARES
(10 Pairs)



ASS-030A

SUPORE HORIZONTAL DE DUMBBELL 11 PARES
(Dumbbell Rack 11 pairs)

CORE

Single Station



ASC-001 **SUPINO RETO ARTICULADO**
(Chest Press)



ASC-005 **SUPINO DECLINADO ARTICULADO**
(Wide Chest Press)



ASC-002 **SUPINO INCLINADO ARTICULADO**
(Incline Chest Press)



ASC-003 **DESENVOLVIMENTO OMBRO ARTICULADO**
(Shoulder Press)



ASC-004 **REMADA BAIXA ARTICULADA**
(Low Row)



ASC-006 **REMADA ARTICULADA**
(Row)



ASC-007 **PUXADA ALTA ARTICULADA**
(Pull Down)



ASC-016

**REMADA CAVALINHO
ARTICULADO**
(Incline Row)



ASC-011

BÍCEPS ARTICULADO
(Biceps Curl)



ASC-012

TRÍCEPS ARTICULADO
(Triceps Curl)



ASC-013

**FLEXORA EM PÉ
ARTICULADA**
(Leg Curl)



ASC-014

EXTENSORA ARTICULADA
(Leg Extension)



ASC-008

GLÚTEO ARTICULADO
(Rear Kick)



ASC-010 **PANTURILHAS ARTICULADA**
(Calf)



ASC-009 **LEG 45° ARTICULADO**
(Leg Press)



ASC-015 **LEG 45°**
(Leg 45°)