

# BILT

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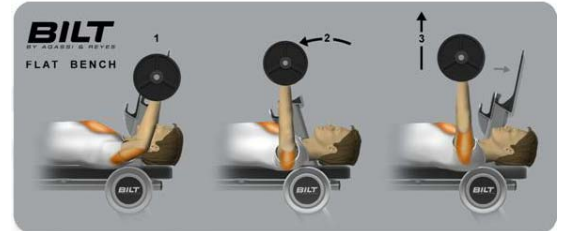
It's Your Body. Define It.

## FLAT BENCH

The innovative **Flat Bench**, which was built specifically with safety in mind, has a unique design that eliminates the danger of bench pressing by utilizing retractable arms, enabling the user to lift the bar from their sweet spot without the added strain and risk of the traditional lift position.

### Highlights:

- Designed to simplify and improve the all-important "lift off"
- IP protected functional movement
- Dual retractable arms for increased safety

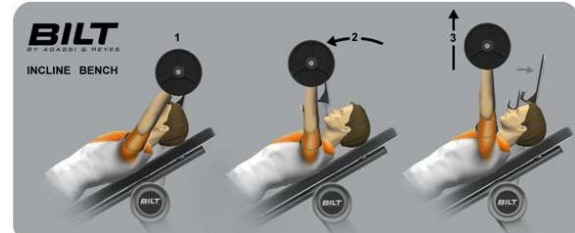


## INCLINE BENCH

Created to maximize results and safety for the user by helping them develop mass and strength in the upper portion of their pectoral muscles, the **Incline Bench** provides the safest way to bench on an incline.

### Highlights:

- Enables a smooth lift without the added strain and risk of the traditional lift position
- Incline bench utilizes rugged framing for maximum durability and stability
- Dual retractable arms provide safe "lift-off"

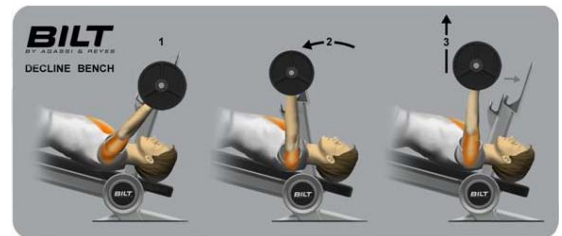


## DECLINE BENCH

Built tough with rugged tubular frames for maximum durability and stability, the **Decline Bench** helps users primarily strengthen their lower chest and the back of their arms. The Decline Bench boasts advanced technology that allows for increased safety and optimal performance.

### Highlights:

- Enables a smooth lift without the added strain and risk of the traditional lift position
- Dual retractable arms provide safe "lift-off"
- Decline bench utilizes rugged framing for maximum durability and stability



## ISOCURL

Finally, a machine that empowers the user to have the perfect bicep flex. By allowing for a concentrated and effective range of motion, the **Isocurl** enables an intense and complete bicep curl.

### Highlights:

- Variable resistance is provided by the spring enhanced selectorized weight stack
- Isocurl uses balanced weights for managed motion and increased safety
- Overhead pulley system provides intense and complete curls



### **TRICEPS PRESS**

By utilizing the seating position, the **Triceps Press** isolates the users' triceps without the assistance of their own body weight and exercises the triceps through a maximum full range of motion. The machine framing is a dynamic blend that provides structural integrity with comfort and stability.

#### **Highlights:**

- Variable resistance is provided by spring enhanced selectorized weight stack for optimal workout
- Full shroud and pulley covers for increased safety precautions
- IP protected functional movement



### **ABDOMINAL MACHINE**

The new **Abdominal Machine** utilizes imaginative technologies and design to reduce the risk of injury and the reduction of back strain, while providing an effective way to develop abdominal strength. By isolating the users' abdominal muscles, the machine enables sound technique for an optimal abs workout.

#### **Highlights:**

- The resistance straps are adjustable to fit all user's shapes and sizes
- Purposefully designed to reduce the risk of injury and strain on the user
- Balanced weight for managed motion



### **POWER STRIDE**

Taking the leg press in a new and innovative direction, the **Power Stride** was strategically designed to enable users to isolate each leg in order to develop strength in the weak side. The Power Stride will train the users' glutes and quadriceps for maximum strength and power.

#### **Highlights:**

- Logistically sound to eliminate weak side overcompensation
- Independent leg press system
- Distributes force evenly across user's feet



### **LOW BACK MACHINE**

The **Low Back Machine** provides enhanced safety features by working to eliminate the stress on the users back while lifting. The state-of-the-art machine is designed to safely and efficiently stretch and flex the lower back muscles, hips and hamstrings perfect for strengthening and building lower back and core muscles.

#### **Highlights:**

- Featuring slanted foot plates that help position the user for an effective and balanced range of motion
- Contains balanced weights for managed motion
- Variable resistance is provided by the spring enhanced selectorized weight stack



## **CALF FLEX**

An essential machine for leg exercise, the **Calf Flex** works to train the calf muscles while reducing stress and effectively stretching and flexing the calf through the safest range of motion. The Calf Flex extends its benefits beyond the calf and helps aid the ankles and feet as well.

### **Highlights:**

- Logistically sound to eliminate weak side overcompensation
- Variable resistance is provided by the spring enhanced selectorized weight stack
- Independent foot plates



## **HIP FLEXORS**

The **Hip Flexor** was designed with the idea of helping users maximize performance and reach new physical benchmarks. With an emphasis on lifting your legs higher to increase speeds and obtain an optimal workout, the Hip Flexor is an incredibly durable machine intended to train or rehabilitate the muscles of the lower body.

### **Highlights:**

- Provides equal training in each leg for a balanced and intense workout
- Variable resistance is provided by the spring enhanced selectorized weight stack
- Balanced weights for managed motion



## **CHANGE OF DIRECTION**

The **Change of Direction** (COD) provides a unique combination of weight resistance and movement to exercise the lower body in a comprehensive and dynamic manner. It uses the ergo-efficiency of its moving parts to enable both squatting and lateral exercises with a high degree of safety along with effective performance.

### **Highlights:**

- Protects the users back and spine
- Distinctive design allows for safe lateral and squatting exercises
- Variable resistance is provided by the spring enhanced selectorized weight stack Designed and created to exercise the lower body in a comprehensive and dynamic manner



## **QUADS**

The **Quad System** was designed with the versatility to allow for a multitude of different exercises using a multi-purpose cable apparatus perfect for strengthening your upper and lower body.

### **Highlights:**

- Variable resistance is provided by the spring enhanced selectorized weight stack
- Quad System has a range of exercise that can be performed for a complete workout routine
- Cable pulleys are positioned closer together than conventional cable cross over systems



### **SPRING-ENHANCED WEIGHT STACK**

The **Spring-Enhanced Weight Stack** provides a unique combination of efficiency and intensity. Attached springs allow for a distinctive form of variable resistance and work in conjunction with the weight stack. The traditional selectorized weight stack allows the user to quickly and easily increase or decrease the weight resistance for a particular machine and exercise by simple pin placement.

#### **Highlights:**

- The optimum flex points of the user's muscles coincide favorably with the increasing resistance points of the springs as they are stretched and the decreasing resistance as they are closed
- As the weights are raised by the movement of the exercise, the attached springs are opened and stretched to a position of greater resistance
- Creates a distinctive feel that is intense and unique

