

# INSIGNIA SERIES Single Package 7

Biceps Curl Dependent WHITE FRAME BLACK UPHOLSTERY ENGLISH  
LANGUAGE SLIDER INC WT LB WEIGHT STACK REAR SHROUD  
STANDARD GRIPS PLASTIC TOP CAP



**\$3750**



BICEPS CURL - DEPENDENT

The equipment is new with warranty.  
\*\*\* The frame color is platinum and the padding is black, not like in the stock photos below \*\*\*

# INSIGNIA SERIES

## THOUGHTFULLY DESIGNED. DISTINCTIVELY CRAFTED.

- Striking visual appeal is topped only by the smooth motion and tactile connection felt by the user.
- Each of the selectorized pieces feature subtle design elements that create a memorable experience and appeal to exercisers of all fitness levels.
- Customization allows your Insignia strength equipment to match the look and feel of your facility.



### INDEPENDENT MOTION

Smooth, independent arms create equilateral muscle development and accommodate exercisers with physical limitations.



### ARTICULATING SEATS

Patented, spring-assisted articulating seats adjust at an angle to ensure optimum positioning and effectiveness for exercisers.



### INTUITIVE ADJUSTMENTS

Bright yellow adjustments have large diameters and feature rubber gripping surfaces to make them easier to see and use.



### INTELLIGENT GRIPS

Insignia Series enhances the natural feeling motions with ergonomic grips\* that provide a wider grip area to more evenly distribute force on the hands.



### SIMPLE INSTRUCTION

Placards depict the muscles being trained while QR Codes/NFC connects users to a video detailing correct use utilizing the LF Connect App.



### INTEGRATED STORAGE

Each tower has a beautifully integrated rubber storage area on the top of the trim to hold water bottles, phones, keys and more.

\*L Trim only

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# INSIGNIA SERIES

## TRIM OPTIONS

S Trim



- A. Charcoal plastic tower cap
- B. Standard rubber grips

L Trim



- A. Aluminum painted tower cap
- B. Integrated rep counter
- C. Ergonomic grips

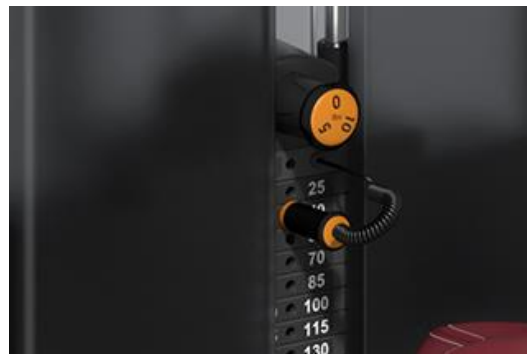
## WEIGHT STACK OPTIONS

P Weight Stack



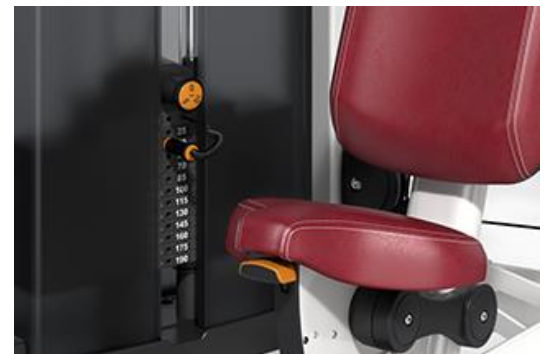
Standard weight stack with one 7.5-lb (3.75 kg) push/pull weight increment.

C Weight Stack



Standard weight stack with two 5-lb (2.5 kg) dial weight increments.

X Weight Stack



Heavy weight stack with two 5-lb (2.5 kg) dial weight increments. (15% more weight)

## SHROUD OPTIONS

Rear Shroud



Full Shroud



**13 FRAME COLORS**  
5 STANDARD, 7 OPTIONAL, CUSTOM

**21 FRAME COLORS**  
8 STANDARD, 12 OPTIONAL, CUSTOM

To configure your Insignia products, go to [LifeFitness.com](https://www.lifefitness.com)

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# INSIGNIA SERIES

## TORSO & LOWER BODY PRODUCT SPECS

MODEL	DIMENSIONS (L x W x H)	PRODUCT WEIGHT (with C Stack)	WEIGHT STACKS		
			P STACK	C STACK	X STACK
<b>ABDOMINAL ADVANCED</b> SS-ABD	63.5 x 35.8 x 58.1 in (161 x 91 x 148 cm)	488 lbs (221 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>ABDOMINAL</b> SS-AB	52.4 x 46.3 x 58.1 in. (133 x 117 x 148 cm)	568 lbs (258 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>ARC LEG PRESS</b> SS-LP	79.5 x 44.8 x 64.7 in (201 x 114 x 164 cm)	936 lbs (424 kg)	332.5 lbs (166 kg)	335 lbs (167 kg)	395 lbs (197 kg)
<b>BACK EXTENSION</b> SS-BE	54.8 x 41.8 x 58.1 in (139 x 106 x 148 cm)	644 lbs (292 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>CALF EXTENSION</b> SS-CE	40.2 x 68.5 x 58.1 in (102 x 174 x 148 cm)	646 lbs (293 kg)	332.5 lbs (166 kg)	335 lbs (167 kg)	395 lbs (197 kg)
<b>GLUTE</b> SS-GL	73 x 38.4 x 58.1 in (185 x 98 x 148 cm)	527 lbs (239 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>GLUTE BRIDGE</b> SS-GLB	75.8 x 31.8 x 58.1 in (193 x 81 x 148 cm)	592 lbs (269 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>HIP ABDUCTION / ADDUCTION</b> SS-HAA	67 X 65 X 58.1 in (170 x 165 x 148 cm)	624 lbs (283 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>HIP ABDUCTION</b> SS-HAB	62.6 x 65 x 58.1 in (159 x 165 x 165 cm)	728 lbs (330 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>HIP ADDUCTION</b> SS-HAD	62.6 x 62.4 x 58.1 in (159 x 158 x 148 cm)	728 lbs (330 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>LEG CURL</b> SS-LC	62.6 x 41.7 x 58.1 in (159 x 106 x 148 cm)	562 lbs (255 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>LEG EXTENSION</b> SS-LE	65.4 x 41.5 x 58.1 in (166 x 106 x 148 cm)	712 lbs (323 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>SEATED LEG CURL</b> SS-SLC	61 x 39.7 x 58.1 in (155 x 101 148 cm)	774 lbs (351 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>SIT / STAND HIP ABDUCTION</b> SS-SHB	62.6 x 65 x 58.1 in (159 x 165 x 148 cm)	609 lbs (276 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>TORSO ROTATION</b> SS-TR	45.5 x 44 x 61.9 in (116 x 112 x 157 cm)	569 lbs (258 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)

## UPPER BODY PRODUCT SPECS

MODEL	DIMENSIONS (L x W x H)	PRODUCT WEIGHT (with C Stack)	WEIGHT STACKS		
			P STACK	C STACK	X STACK
<b>ASSIST DIP / CHIN</b> SS-ADC	63.8 x 58 x 87 in. (162 x 147 x 221 cm)	686 lbs (311 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>BICEPS CURL</b> SS-BC	47.9 x 62.7 x 58.1 in (122 x 159 x 148 cm)	639 lbs (290 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>BICEPS CURL DEPENDENT</b> SS-BCD	55 x 39.6 x 58.1 (140 x 101 x 148 cm)	541 lbs (245 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>CHEST PRESS</b> SS-CP	43.2 x 55.3 x 58.1 in (110 x 140 x 148 cm)	721 lbs (327 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>CHEST PRESS (DUAL-AXIS)</b> SS-CPX	43.2 x 59.5 x 77.1 in (110 x 151 x 196 cm)	628 lbs (285 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>LATERAL RAISE</b> SS-LR	51.6 x 52.5 x 58.1 in (131 x 133 x 148 cm)	600 lbs (272 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>PECTORAL FLY</b> SS-PEC	60.6 x 70.4 x 58.1 in (154 x 179 x 148 cm)	672 lbs (305 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>PEC FLY/REAR DELT</b> SS-FLY	79.9 x 77.6 x 80.1 in (203 x 197 x 203 cm)	708 lbs (321 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>PULLDOWN</b> SS-PD	55.6 x 56.9 x 76.2 in (141 x 145 x 194 kg)	717 lbs (325 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>PULLDOWN (DUAL-AXIS)</b> SS-PDX	54 x 59 x 78.1 in (137 x 150 x 198 cm)	715 lbs (324 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>ROW</b> SS-RW	48.8 x 55.4 x 58.1 in (124 x 141 x 148 cm)	653 lbs (296 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)
<b>SHOULDER PRESS</b> SS-SP	64.4 x 56.8 x 72.8 in (164 x 144 x 185 cm)	657 lbs (298 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>TRICEPS EXTENSION</b> SS-TE	53.9 x 39.6 x 58.1 in (137 x 101 x 148 cm)	535 lbs (243 kg)	167.5 lbs (84 kg)	170 lbs (85 kg)	200 lbs (100 kg)
<b>TRICEPS PRESS</b> SS-TP	53.1 x 43.7 x 58.1 in (135 x 111 x 148 cm)	675 lbs (306 kg)	257.5 lbs (129 kg)	260 lbs (130 kg)	305 lbs (152 kg)