



QUICK CIRCUIT

The exercise solution that fits into everybody's schedule – The Quantum Quick Circuit

Tired of hearing the same "I don't have time to exercise" excuse? The Quantum Fitness Quick Circuit provides a complete, fast, effective training circuit that is the perfect answer for the time crunched user. The Quantum Quick Circuit is ideal for recreation and health centers of all types, and for customers of all ages. From children to seniors, whether they are sedentary, obese, moderately conditioned, or athletic, all will benefit from using the Quantum Quick Circuit. In addition Quantum Fitness provides a complete interactive workbook outlining the Quick Circuit program that is full of helpful information and ideas that are guaranteed to provide a strong return on your investment.

FEATURES

- Each unit works two opposing muscle groups giving twice the workout in half the time
- Small and compact taking up the least amount of floor space
- Easy and fun to use promoting user retention
- Uses an adjustable resistance system providing an effective workout while protecting the user from injury by over exertion
- Safe – offering the perfect systems for use in unsupervised facilities
- Features transport wheels allowing facilities to easily move units around for workout or storage flexibility
- Simple design means less maintenance and less downtime



Quantum's Quick Circuit defines power training

1. Prepares muscles for the activities of daily living
2. Ability to generate force quickly
3. Functional force training



Perfect for facilities with limited space or budget and users with limited time

Quantum Quick Circuit machines are budget friendly, non-intimidating, safe, self-progressing, easy to use, space saving, low maintenance and attract new members with a quick workout

Health Clubs desiring to attract new members and grow their business

Recreation Centers striving to keep communities and families actively improving their quality of life

Retirement Communities addressing the specific needs of the 50+ age group to encourage a healthy and independent lifestyle

Rehabilitation Facilities needing accommodating and self-progressing resistance for the rehabilitation process

Nursing Homes desiring equipment that provides both functional exercises while promoting a social environment for users



Quick Circuit



[QAA-9011] Vertical Chest Press/Row



[QAA-9012] Pec/Rear Delt



[QAA-9014] Arm Curl/Triceps Extension



[QAA-9013] Shoulder Press/Lat Pull



[QAA-9015] Abdominal/Back

"We are amazed at how much improvement we are seeing and the sense of accomplishment!"



**[QAA-9016] Seated Leg Curl/
Leg Extension**



[QAA-9017] Inner/Outer Thigh



**[QAA-9019] Shoulder Lift/
Triceps Press**



[QAA-9018] Leg Press



[QAA-9050] Stepper

Quick Circuit



[QAA-9051] Torso Rotation



[QAA-9052] Seated Safety Squat



[QAA-9054] Total Power



[QAA-9053] All Body Toner (ABT)



[QKA-9055] Chest/Row/Shoulder/Lat

"The power to change how you enjoy life."



[QAA-9056] Squat/Shoulder/Triceps Press



[QAA-9057] Glute/Hip Flexor



TREADMILL



ELLIPTICAL



STRENGTH



KIDS QUICK

To see our other fitness equipment visit www.quantumfitness.com

Model #	Description	Dimensions	Weight
QAA-9011	Vertical Chest Press/Row	48 x 40 x 51 in/122 x 102 x 130 cm	130 lb/59 kg
QAA-9012	Pec/Rear Delt	48 x 55 x 51 in/122 x 140 x 130 cm	150 lb/68 kg
QAA-9013	Shoulder Press/Lat Pull	48 x 33 x 51 in/122 x 84 x 130 cm	130 lb/59 kg
QAA-9014	Arm Curl/Triceps Extension	46 x 33 x 36 in/117 x 83 x 91 cm	70 lb/32 kg
QAA-9015	Abdominal/Back	53 x 32 x 51 in/135 x 81 x 130 cm	90 lb/41 kg
QAA-9016	Seated Leg Curl/Leg Extension	56 x 34 x 51 in/142 x 86 x 130 cm	150 lb/68 kg
QAA-9017	Inner/Outer Thigh	57 x 33 x 51 in/145 x 84 x 130 cm	130 lb/59 kg
QAA-9018	Leg Press	84 x 33 x 43 in/213 x 84 x 109 cm	130 lb/59 kg
QAA-9019	Shoulder Lift/Tricep Press	48 x 32 x 51 in/122 x 81 x 130 cm	130 lb/59 kg
QAA-9050	Stepper	37 x 25 x 51 in/94 x 64 x 130 cm	150 lb/68 kg
QAA-9051	Torso Rotation	55 x 33 x 62 in/140 x 84 x 158 cm	150 lb/68 kg
QAA-9052	Seated Safety Squat	52 x 33 x 59 in/132 x 84 x 150 cm	130 lb/59 kg
QAA-9053	All Body Trainer (ABT)	65 x 33 x 51 in/165 x 84 x 130 cm	145 lb/66 kg
QAA-9054	Total Power	56 x 40 x 51 in/142 x 102 x 130 cm	190 lb/86 kg
QAA-9055	Combination Chest/Row/Shoulder/Lat	48 x 33 x 51 in/122 x 84 x 130 cm	160 lb/73 kg
QAA-9056	Combination Squat/Shoulder/Triceps Press	52 x 33 x 59 in/132 x 84 x 150 cm	160 lb/73 kg
QAA-9057	Glute/Hip Flexor	48 x 34 x 58 in/122 x 86 x 147 cm	160 lb/73 kg

FINISHES



White



Black



Silver



Pewter

WARRANTY

frame - Lifetime

all moving parts - 5 years

cylinders - 3 years

handgrips, paint, misc parts not listed - 1 year

upholstery - 6 months

UPHOLSTERY



Almond



American Beauty



Marina



Colonial Blue



Jade



Raintree



Dove



Greystone



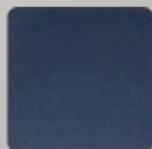
Cranberry



Chestnut



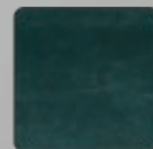
Quantum Blue



Navy



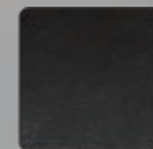
Dark Nile



Dark Green



Graphite



Black