

FREE WEIGHT



QUANTUM[®]

Enhancing the Quality of Life

Tracy McGrady



There are people who want the best and then there are people who depend on the best. Being a professional athlete requires excellence at all times which is certainly true for Houston's newest and brightest basketball star, Tracy McGrady. At only 26, Tracy has already made a place for himself among the elite in the professional basketball arena. So far he has been voted into the All-Star team three times, was the youngest player since the NBA/ABA merger to average over 30 points per game, given honors such as the most improved player in 2001, and was named the 2002-2003 NBA Scoring Champion.

The key to Tracy's success lies not only in his natural talent, but also in hard work and his dedication to conditioning. "To be a success in professional basketball requires me to give 100% and to be 100% at all times. Strength training not only gives me strength but is important in improving my game. At home or on the road, training on Quantum equipment keeps me ready for the next opponent game after game. Quantum's designs do make a difference. To beat the best, you have to train on the best."

Angled Smith Machine (counter balanced) with Plate Storage

QWT-136

- Seven degree lifting angle reduce stress on joints
- 1500 LB test Olympic bar glides on linear bearings
- Meets safety requirement of 28" dead stop
- 12 stainless steel built-in weight storage pegs
- Counter-balanced Olympic bar minimizes starting resistance to 15 pounds
- Adjustable safety stops
- Bar adjusts in 6" increments with 8 take-off positions
- Patented high density polymer racking system offers significant noise reduction and a non-abrasive surface for bar storage



Power Rack with Plate Storage and Chin Bars

QWT-108

- Extra tall and deep design to accommodate a wide range of users and for added safety
- Adjustable, heavy duty, locking high density polymer "J" hook offers significant noise reduction and a non-abrasive surface for bar storage
- Eight stainless steel built-in weight storage pegs
- Center mounted wide grip chin bar offers additional exercise choices

Olympic Flat Bench Press with Plate Storage

QWT-100



- Mainframe is one piece welded construction with 3" x 3" uprights
- Unique rack design accommodates the widest of grips
- Three position racking system accommodates users of all sizes
- Patented high density polymer racking system offers significant noise reduction and a non-abrasive surface for bar storage
- Eight stainless steel built-in weight storage pegs

Olympic Incline Press with Plate Storage

QWT-102

- Mainframe is one piece welded construction with 3" x 3" uprights
- Built-in large spotters platform and weight storage pegs
- 30 degree incline
- Stainless steel foot bar for user stabilization and support
- Unique rack design accommodates the widest of grips
- Patented high density polymer racking system offers significant noise reduction and a non-abrasive surface for bar storage



Olympic Decline Press with Plate Storage

QWT-104



- Mainframe is one piece welded construction with 3" x 3" uprights
- Split pad design reduces stress to lower back
- Unique rack design accommodates the widest of grips
- Patented high density polymer racking system offers significant noise reduction and a non-abrasive surface for bar storage
- Eight stainless steel built-in weight storage pegs

Squat Rack with Plate Storage

QWT-106

- Mainframe is one piece welded construction with 3" x 3" uprights
- Patented high density polymer racking system and safety bar protectors offer significant noise reduction and a non-abrasive surface for bar storage
- Five starting positions to accommodate users of all sizes
- Eight stainless steel built-in weight storage pegs



Seated Preacher Curl with Plate Storage

QWT-110

- Six stainless steel built-in weight storage pegs
- Angled tapered seat for better stabilization
- Large support pad with wear cover
- Patented high density polymer racking system offers significant noise reduction and a non-abrasive surface for bar storage



45° Hyperextension Bench

QWT-148



- Combination of large foot-plates and roller pads for increased comfort and safety
- Split thigh pad has eight height adjustments to accommodate users of all sizes
- Wide frame base for greater stabilization

Seated Calf

QWT-140

- Thigh pad adjusts to accommodate users of all sizes
- Seat and movement arm work together for more effective exercise
- Easy to reach and control locking device
- Horizontal weight horns for safety in loading weights





Flat Bench with Wide Tapered Top

QWT-126

- Extra wide pad design offers support to various user sizes
- Pad tapers at one end to allow upper body exercises to be performed without pad interference



Adjustable Sit-Up / Decline Bench

QWT-134

- Split pad design reduces stress to lower back
- Easily adjusts to six different angles
- Full length back pad

Seated Utility Bench

QWT-132

- Angled seat back provides greater stability
- Low tapered seat back does not interfere with overhead exercises
- Stainless steel foot bar ensures stability and comfort



Flat / Adjustable Incline Bench 0-80°

QWT-130

- Back pad easily adjusts from flat to 80 degrees
- Seat pads feature independent angle adjustments
- Handle and wheels for easy moving



2 Tiered 10 Pair Dumbbell Rack with Saddles

QWT-112

- Full length center guards to protect frame and hands
- Shelves are angled to reduce stress on wrists when removing dumbbells
- Lower shelf spaced to allow removal of the largest dumbbells without interference from upper shelf
- Dumbbell saddles reduce noise and ensure safe storage*



*QWT-114 2 Tiered Hex Head Dumbbell Rack offered but not shown.
Please visit quantumfitness.com.



Double Sided Plate Rack

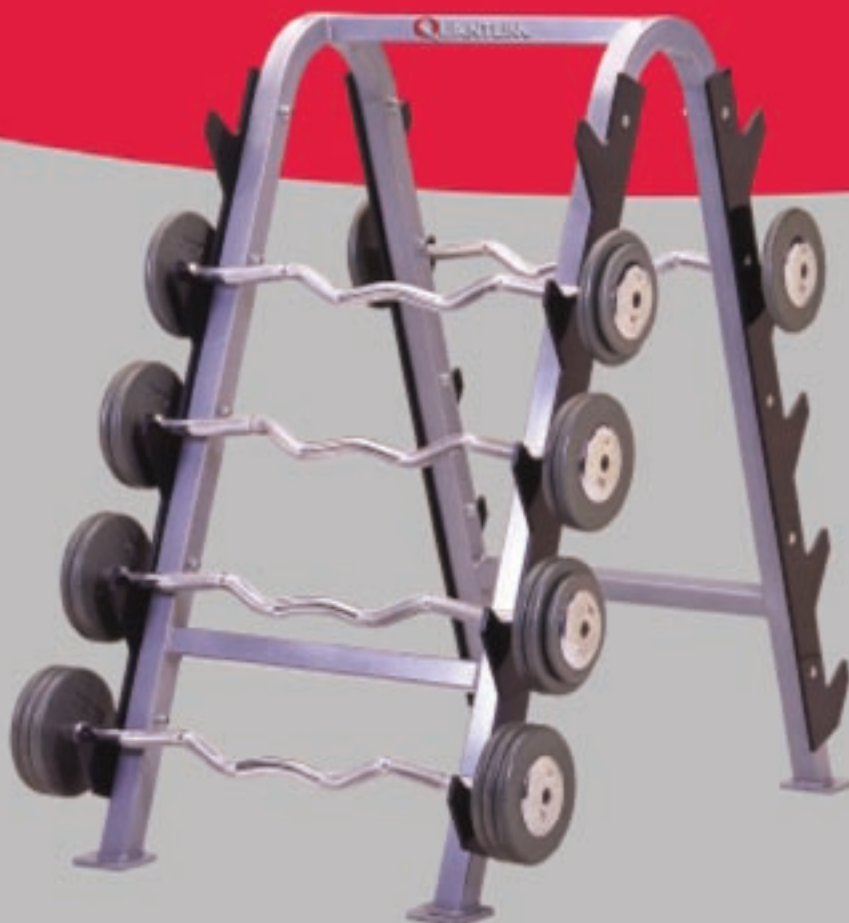
QWT-120

- 1 1/4" Solid stainless steel weight plate holders
- Aesthetically pleasing angled design is dual sided for easy access and flexibility in floor planning
- Designed for maximum storage and stability

Bar and Handle Accessory Rack

QWT-122

- Patented high density polymer racking system offers significant noise reduction and a non-abrasive surface for bar storage
- Stores 10 straight/EZ curl bars
- Deep etched design of rack keeps bars in place
- Top tray for miscellaneous handles is completely protected by rubber lining



Horizontal Fixed Bar Rack (10 bar)

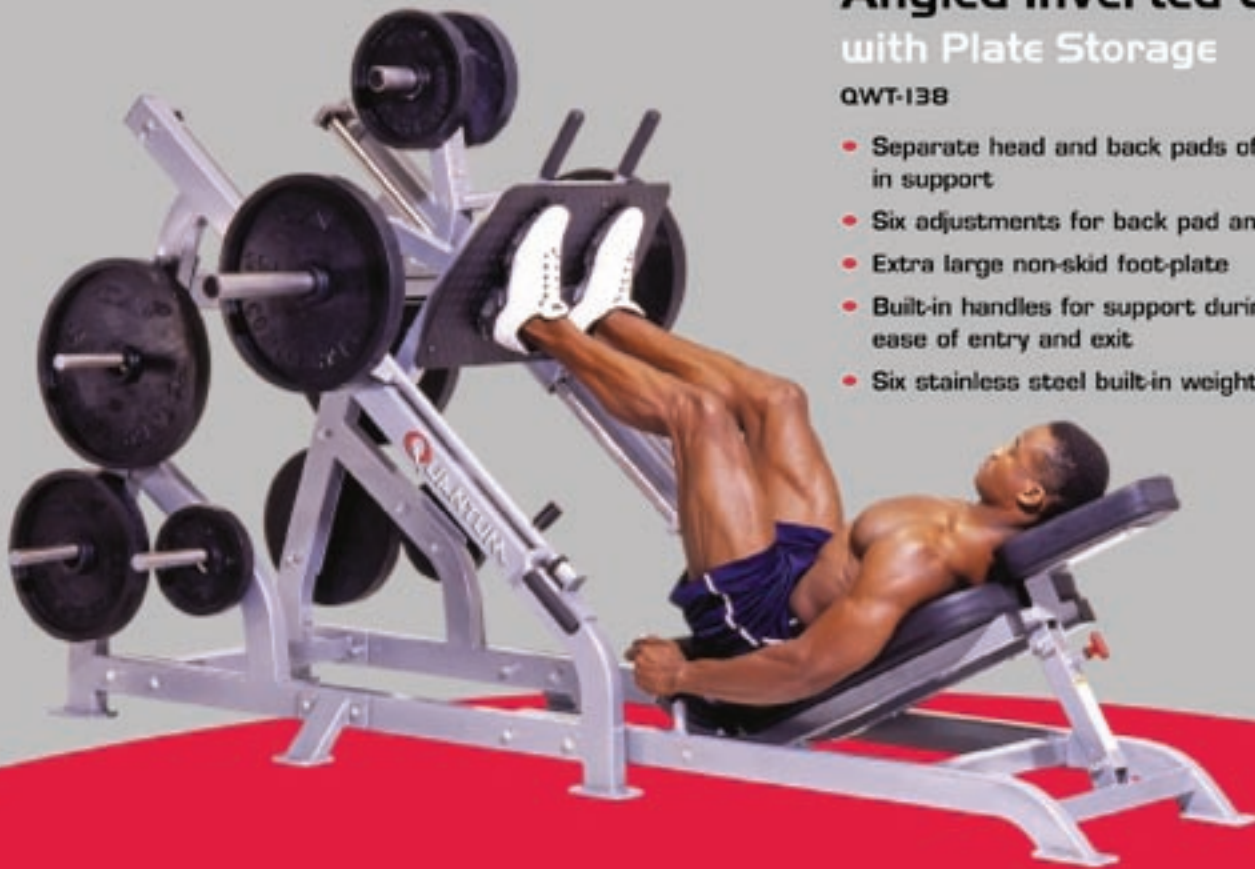
QWT-118

- Patented high density polymer racking system offers significant noise reduction and a non-abrasive surface for bar storage
- Deep etched design of rack keeps bars in place
- Ten straight/E-Z curl bars can be stored
- Low profile design allows even the top bar to easily be removed and stored

Angled Inverted Leg Press with Plate Storage

QWT-138

- Separate head and back pads offer the ultimate in support
- Six adjustments for back pad angle
- Extra large non-skid foot-plate
- Built-in handles for support during exercise and ease of entry and exit
- Six stainless steel built-in weight storage pegs



Chin/Dip/Leg Raise

QWT-146

- All three exercises done from one side of machine to maximize floor space
- Large rubber covered dual footplates for added safety
- Wide and narrow handgrips for variety in exercise
- Forearm pads are designed for maximum comfort and stability



Product Specs

| | |
|----------------|--|
| QWT-100 | Olympic Flat Bench Press |
| Dimensions: | 69 x 62 x 49 in 175 x 157 x 125 cm |
| Weight: | 170 lb 77 kg |
| QWT-102 | Olympic Incline Press |
| Dimensions: | 72 x 62 x 67 in 183 x 157 x 170 cm |
| Weight: | 180 lb 82 kg |
| QWT-104 | Olympic Decline Press |
| Dimensions: | 87 x 62 x 48 in 221 x 157 x 122 cm |
| Weight: | 240 lb 109 kg |
| QWT-106 | Squat Rack |
| Dimensions: | 58 x 62 x 76 in 114 x 157 x 193 cm |
| Weight: | 250 lb 113 kg |
| QWT-108 | Power Rack |
| Dimensions: | 50 x 66 x 85 in 127 x 168 x 216 cm |
| Weight: | 290 lb 132 kg |
| QWT-110 | Seated Preacher Curl |
| Dimensions: | 47 x 30 x 34 in 119 x 76 x 86 cm |
| Weight: | 110 lb 50 kg |
| QWT-112 | 2 Tiered 10 Pair Dumbbell Rack |
| Dimensions: | 91 x 29 x 34 in 231 x 74 x 86 cm |
| Weight: | 200 lb 91 kg |
| QWT-118 | Horizontal Fixed Bar Rack |
| Dimensions: | 50 x 29 x 53 in 127 x 74 x 135 cm |
| Weight: | 110 lb 50 kg |
| QWT-120 | Double Sided Plate Rack |
| Dimensions: | 39 x 27 x 39 in 99 x 69 x 99 cm |
| Weight: | 70 lb 32 kg |
| QWT-122 | Bar and Handle Accessory Rack |
| Dimensions: | 45 x 18 x 41 in 114 x 46 x 104 cm |
| Weight: | 110 lb 50 kg |
| QWT-126 | Flat Bench |
| Dimensions: | 53 x 26 x 18 in 135 x 66 x 46 cm |
| Weight: | 40 lb 18 kg |
| QWT-130 | Flat / Adjustable Incline Bench |
| Dimensions: | 54 x 27 x 18 in 137 x 69 x 46 cm |
| Weight: | 90 lb 41 kg |
| QWT-132 | Seated Utility Bench |
| Dimensions: | 56 x 31 x 39 in 142 x 79 x 99 cm |
| Weight: | 60 lb 27 kg |
| QWT-134 | Adjustable Sit-Up / Decline Bench |
| Dimensions: | 60 x 27 x 24 in 152 x 66 X 61 cm |
| Weight: | 80 lb 36 kg |

| | |
|----------------|---------------------------------------|
| QWT-136 | Angled Smith Machine |
| Dimensions: | 56 x 86 x 90 in 142 x 218 x 229 cm |
| Weight: | 530 lb 240 kg |
| QWT-138 | Angleg Press |
| Dimensions: | 99 x 67 x 53 in 251 x 170 x 135 cm |
| Weight: | 545 lb 247 kg |
| QWT-140 | Seated Calf |
| Dimensions: | 50 x 23 x 38 in 127 x 58 x 97 cm |
| Weight: | 80 lb 36 kg |
| QWT-146 | Chin / Dip / Leg Raise |
| Dimensions: | 56 x 49 x 87 in 142 x 125 x 221 cm |
| Weight: | 240 lb 109 kg |
| QWT-148 | Hyperextension Bench |
| Dimensions: | 60 x 37 x 31 in 152 x 94 x 79 cm |
| Weight: | 100 lb 45 kg |

All dimensions are listed:
Length x Width x Height

Frames: 2 x 2" and
2 x 3" 11 gauge
American-made
tubing



Standard Finishes

Metal surfaces are put through a rigorous treatment and state of the art multi-step powder coating system for maximum coating adhesion.



Upholstery

Marine grade upholstery is double top stitched with superior grade corrosion resistant thread.



Warranty

Lifetime - frame; 5 years - all moving parts;
1 year - belts, cables, handgrips, paint, miscellaneous parts not listed;
6 months - upholstery.

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