



Element for simplicity  
Element for business



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User-friendly

Wellness design

Easy lifestyle



Natural movements

Essential character

Strong personality



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# ELEMENT

ESSENTIAL STRENGTH



# Element, quality affordable to all.



The Element line was created for clubs looking for the latest designer products featuring Technogym® biomechanics and comfort, and all at an affordable price. The Element line has been developed (and created) with both the 'family feeling' design and excellent value for money that have come to be the associated with all Technogym® products. In other words, the Element line is the right answer for your business.



## ELEMENT DESIGN

Technogym® presents its exclusive new guard design, specially created to integrate the weight stack into the slender, compact lines of the machine and giving it a great look and feel.



## ELEMENT FEEL

Each individual exercise can be performed in a smooth way, with the using technology to help make all movements simple and natural.



## ELEMENT COMFORT

Comfortable seats and backrests place the user in the correct ergonomic position, making every single exercise safe and effective.



ELEMENT

ESSENTIAL STRENGTH

Wellness in motion™



MA100 ABDUCTOR



MA050 ADDUCTOR



MA300 LEG EXTENSION



MA350 LEG CURL



MA750 GLUTE



MA500 LEG PRESS



MA200 CHEST PRESS



MA700 PECTORAL MACHINE



MA450 LOWER BACK



MA650 ABDOMINAL CRUNCH



MA400 LAT MACHINE



MA550 ARM CURL



MA600 ARM EXTENSION



MA150 SHOULDER PRESS



MA250 VERTICAL TRACTION



MA950 LOW ROW



MA800 ERCOLINA



MA900 ERCOLINA REHAB



MA850 CROSS OVER CABLE



PA01 INCLINED BENCH



PA02 VERTICAL BENCH



PA03 CRUNCH BENCH



PA04 4 USES BENCH



PA05 LOWER BACK BENCH



PA06 SCOTT BENCH



PA07 HORIZONTAL BENCH



A0000231 DISK RACK



A0000230 BARBELL RACK



A0000278AA DUMBBELL RACK

**TECHNICAL FEATURES**

	Machine code	Length (mm / in.)	Width (mm / in.)	Height (mm / in.)	Total Weight (kg. / lbs.)	Weight stack (kg. / lbs.)	OPTIONAL		
							Incr. weight stack (kg. / lbs.)	Add. weight (2,5 Kg. / 5 lbs.)	
LOWER BODY	MA100 <b>ABDUCTOR</b>	1410 / 56	820 / 32	1420 / 56	140 / 280	60 / 120	80 / 160	NO	
	MA050 <b>ADDUCTOR</b>	1410 / 56	820 / 32	1420 / 56	140 / 280	60 / 120	80 / 160	NO	
	MA750 <b>GLUTE</b>	1140 / 45	1320 / 52	1420 / 56	225 / 450	60 / 120	NO	NO	
	MA300 <b>LEG EXTENSION</b>	1270 / 50	1040 / 41	1420 / 56	200 / 400	80 / 160	100 / 200	YES	
	MA350 <b>LEG CURL</b>	1270 / 50	1040 / 41	1420 / 56	220 / 440	80 / 160	100 / 200	YES	
	MA500 <b>LEG PRESS</b>	2100 / 83	1150 / 45	1520 / 60	570 / 1140	200 / 400	NO	NO	
TRUNK	MA200 <b>CHEST PRESS</b>	1390 / 55	830 / 33	1620 / 64	190 / 380	90 / 180	120 / 240	YES	
	MA700 <b>PECTORAL MACHINE</b>	1490 / 59	820 / 32	1420 / 56	190 / 380	90 / 180	120 / 240	YES	
	MA450 <b>LOWER BACK</b>	1200 / 47	950 / 37	1420 / 56	200 / 400	70 / 140	90 / 180	YES	
	MA650 <b>ABDOMINAL CRUNCH</b>	1330 / 52	890 / 35	1420 / 56	180 / 360	60 / 120	80 / 160	YES	
	MA400 <b>LAT MACHINE</b>	1200 / 47	1200 / 47	2230 / 88	270 / 540	90 / 180	120 / 240	NO	
	MA550 <b>ARM CURL</b>	1390 / 55	800 / 31	1420 / 56	155 / 310	60 / 120	80 / 160	YES	
UPPER BODY	MA600 <b>ARM EXTENSION</b>	1410 / 56	800 / 31	1420 / 56	170 / 340	70 / 140	90 / 180	YES	
	MA150 <b>SHOULDER PRESS</b>	1440 / 57	870 / 34	1420 / 56	170 / 340	60 / 120	80 / 160	YES	
	MA250 <b>VERTICAL TRACTION</b>	1245 / 49	870 / 34	2040 / 80	190 / 380	90 / 180	110 / 220	YES	
	MA950 <b>LOW ROW</b>	1240 / 49	820 / 32	1420 / 56	170 / 340	90 / 180	120 / 240	YES	
	MULTIFUNCTION	MA800 <b>ERCOLINA</b>	660 / 26	690 / 27	2420 / 95	130 / 260	50 / 100	100 / 200	NO
		MA900 <b>ERCOLINA REHAB</b>	660 / 26	690 / 27	2420 / 95	130 / 260	50 / 100	100 / 200	NO
MA850 <b>CROSS OVER CABLE</b>		660 / 26	3240 / 128	2420 / 95	280 / 560	50X2/100X2	100X2/200X2	NO	
BENCH		PA01 <b>INCLINED BENCH</b>	1896 / 75	1267 / 50	1528 / 60	71 / 142			
		PA02 <b>VERTICAL BENCH</b>	1197 / 47	1606 / 63	1776 / 70	71 / 142			
		PA03 <b>CRUNCH BENCH</b>	1436 / 57	697 / 27	1108 / 44	75 / 150			
	PA04 <b>4 USES BENCH</b>	1198 / 47	697 / 27	1312 / 52	59 / 118				
	PA05 <b>LOWER BACK BENCH</b>	1069 / 42	757 / 30	769 / 30	36 / 72				
	PA06 <b>SCOTT BENCH</b>	1011 / 40	780 / 31	998 / 39	36 / 72				
	PA07 <b>HORIZONTAL BENCH</b>	1725 / 68	1606 / 63	1302 / 39	59 / 118				
SUPPORT	A0000231 <b>DISK RACK</b>	782 / 31	893 / 35	1013 / 40	53 / 106				
	A0000230 <b>BARBELL RACK</b>	724 / 29	884 / 35	1440 / 57	85 / 170				
	A0000278AA <b>DUMBBELL RACK</b>	490 / 19	1355 / 53	839 / 33	68 / 136				

**COLOUR VARIANTS**

FRAME: AL. Silver (Metalized)



GUARD: J. I-Pac



UPHOLSTERY: K. Aviation blue



FRAME: AL. Silver (Metalized)



GUARD: G. Flint Grey



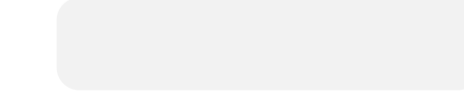
UPHOLSTERY: V. Black



FRAME: AL. Silver (Metalized)



GUARD: A. White



UPHOLSTERY: AN. Silver

