

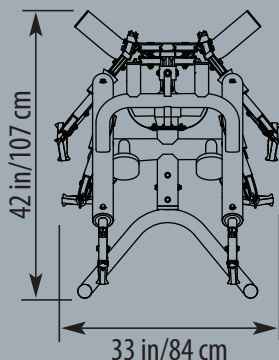


# SPT-6B

## BASE SIX-PAK TRAINER



V-shape base designed to provide stability and support.  
Accommodates most size stability balls and benches.  
(Stability ball as shown is not included)



Height: 80 in/203 cm Weight: 433 lb/196 kg

- The same patented, European inspired design found on the #1 selling Six-Pak Trainer.
- Free standing ultra compact cable motion technology.
- Open frame, allows unlimited full body training utilizing stability balls, balance boards, Bosu trainers, benches and ground based movements.
- Six preset, user friendly, "free-flow" handles allow fast and easy exercise transition.
- Powder coat finish – Platinum Sparkle accented with Ebony Chrome.
- Unique cable ratio delivers ultra smooth feel and enhanced cable travel.
- Full length protective steel weight shields.
- 150 lbs. steel weight plates. (optional 200 lbs.)

## Quickly perform dozens of exercises and movements:

Kneeling Lat Pulldown  
Kneeling Ab Crunch  
Tricep Pressdown  
Tricep Extension  
One Arm Pressdown  
Cable Crossover  
Wood Chop  
Rear Delt Flys  
Kneeling Chest Flys  
Kneeling Chest Press  
Kneeling Tricep Extension  
Lunges  
Offer Ups  
Rear Delt Laterals  
Tricep Kickback  
Squats  
Standing Arm Curl  
Lateral Raise  
Low Row  
Inner & Outer Thigh  
Standing Leg Curl  
Glute Kick . . . and much more!

### Optional Stability Ball:

Ball Chest Flys  
Ball Press  
Ball Mid Row  
Ball Core Rotation  
Ball Shoulder Press  
Ball Arm Curl  
Ball Sit Ups  
and more . . .



# SPT-6B

## BASE SIX-PAK TRAINER



High Pulley Station



Mid Pulley Station



Low Pulley Station

The Six-Pak training series features "SIX" pre-set pulleys optimally positioned in three training zones to deliver maximum exercise potential in limited space.