



— SYSTEM  
**PENDULUM™**

— EQUIPMENT  
**P.H.I.T. CENTER**

— PART NUMBER  
**410609**

—  
 —  
 —  
 —

**> Ten high-intensity training exercises in one amazingly portable machine.**

Designed to offer the ultimate in convenience and flexibility, the Pendulum High Intensity Training (P.H.I.T.) Center combines exercise diversity, portability and construction dynamics into one highly efficient configuration.



- With a footprint of only 80"L x 78"D x 84"H when operational, the P.H.I.T. Center requires minimal operating space.

**EXERCISE INCLUDE:**

- Biceps Curl
- Upright Row
- Bench Press
- Shrug
- Triceps Push
- Power Squat
- Shoulder Press
- Dips
- Underhand Lat Pulldown
- Lying Leg Press
- Overhand Lat Pulldown

**Compact P.H.I.T. Center**

- The P.H.I.T. Center can be assembled or repacked for shipment in about 45 minutes.
- The unit can be moved by a pallet jack or forklift, either crated or uncrated, in the packaged position (60"L x 47"D x 54"H).



\*Patent Pending



P.H.I.T. Center

PART NUMBER			
<b>410609</b>			
WEIGHT			
<b>886lbs</b>	402kg		
OPERATIONAL LENGTH		PACKAGED LENGTH	
<b>80"</b>	203.2cm	<b>60"</b>	152.5cm
OPERATIONAL DEPTH		PACKAGED DEPTH	
<b>78"</b>	198cm	<b>47"</b>	119.4cm
OPERATIONAL HEIGHT		PACKAGED DEPTH	
<b>84"</b>	212.3cm	<b>54"</b>	137.2cm

FEATURES

- The PHIT Center incorporates all of the essential exercise stations, within a unit that is simply designed and easy to operate.
- There are no pulleys, belts, cables or wear points to disable the machine.
- Station changes only take approximately one minute.
- All handles are poly-foam and easily replaceable as required.
- Assembly and Exercise Manuals are included.

Frame Colors

STANDARD

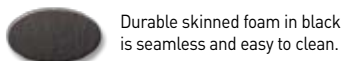


OPTIONAL

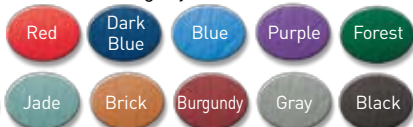


Seat and Back Colors

STANDARD



OPTIONAL Naugahyde® Colors



EXERCISES INCLUDE

BICEPS CURL



UPRIGHT ROW



BENCH PRESS



SHRUG



TRICEPS PUSH



POWER SQUAT



SHOULDER PRESS



DIPS



UNDERHAND LAT PULLDOWN



LYING LEG PRESS



OVERHAND LAT PULLDOWN

