



STRENGTH EQUIPMENT

FOREMAN[®]
fitness products

DEDICATED TO DETAIL



We Listen to your needs
We Assist with solutions to complex problems
We Create new models and lines
We Manufacture

DEDICATED TO DETAIL

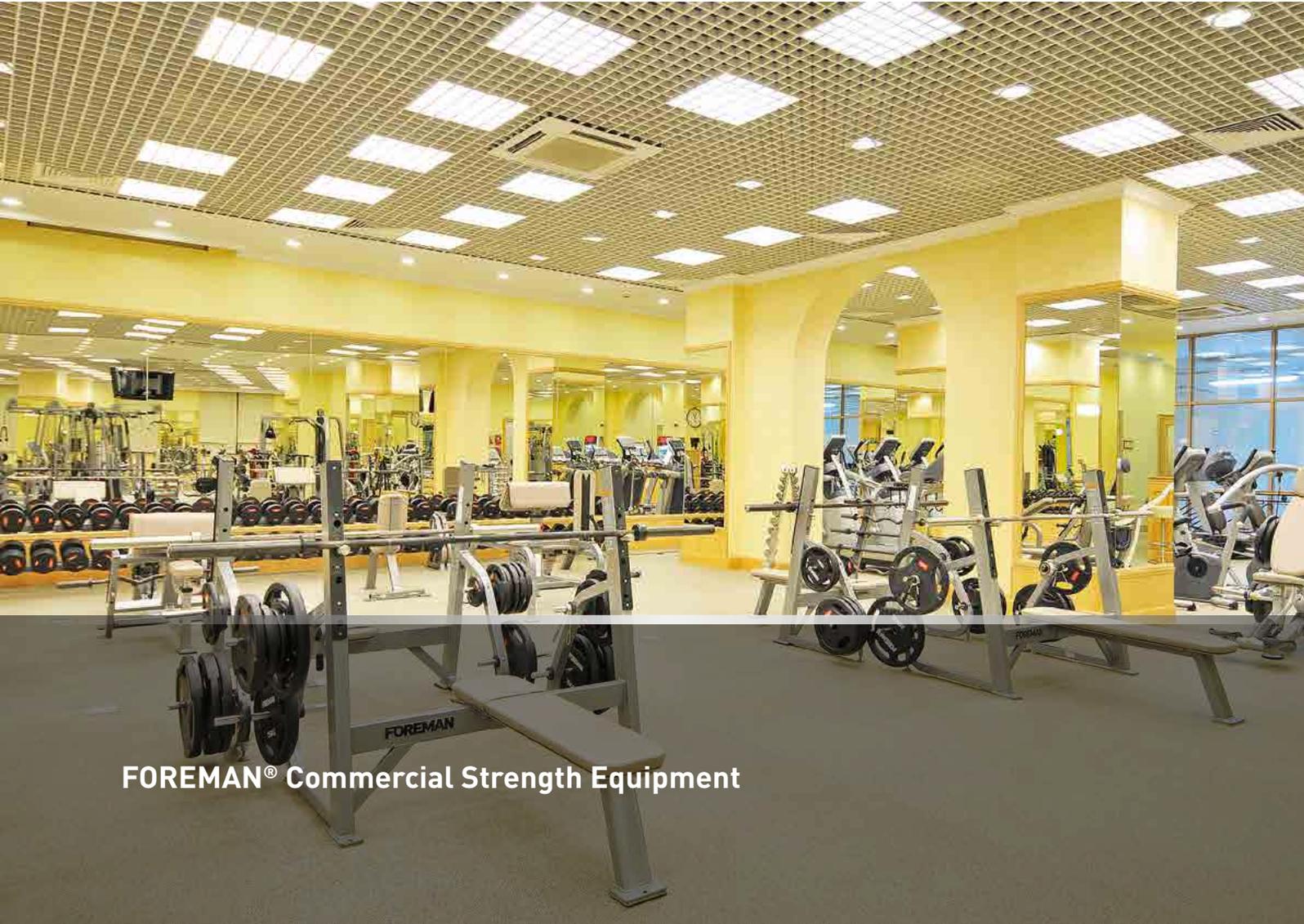
What is the key element of a training facility? Right, a GYM! This is your sales point, heart of your club, biggest expense and eventually a generator of revenues. It is a tool for your members to achieve their training goals!

And what is the most essential part of it? Equipment! CV, Selectorized Machines, Plate Loaded, Functional Training, Free Weight Stations, Frames for Cross-Fit, Benches and Racks...All of this, you can find in the extensive FOREMAN® product range.

Equipment is the revenue tool for commercial facilities and the backbone of non-profit institutions. It should not only satisfy the users needs but be reliable enough to avoid their complaints and minimize service expenses for the owner.

When evaluating all features and technical information from a vendor and choosing a manufacturer, it is recognized that modern design aesthetics and fashion elements should be balanced with durability, reliability and price. While a small footprint should support overall design and functionality, user attraction to the equipment should be equal to correct bio-mechanics.

By using kevlar belts, we have created machines with a small footprint and eliminated backlash while delivering extremely smooth motion. By using 3mm-thick high grade steel we made our machines solid and inviting and together with our superior biomechanical designs, they are perfect for users of any age, weight or height.



FOREMAN® Commercial Strength Equipment

Engineered by an industry leader, Dennis Phelps, having 25 years experience in creating and designing strength equipment in the U.S., our machines utilize only quality components from reliable vendors. We listen to needs of our customers, follow industry trends, creating new models, inventing new products, improving industry standards.

Our products are well recognized globally and we are proud to count such brands as Crunch, UFC, Hard Candy, Fitness First and many others among our customers.

We invite you to explore our product range and join the club of Foreman fans. You will appreciate our dedication to detail.

Yours, The FOREMAN Products Team

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// NOTION Selectorized Line



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FN-101
LEG EXTENSION

DIMENSIONS (LxWxH): 87x115x137 cm
MACHINE WEIGHT: 210 kg
STACK WEIGHT: 114 kg



FN-102
SEATED LEG CURL

DIMENSIONS (LxWxH): 87x115x137 cm
MACHINE WEIGHT: 190 kg
STACK WEIGHT: 96 kg



FN-103
LYING LEG CURL

DIMENSIONS (LxWxH): 82x160x137 cm
MACHINE WEIGHT: 225 kg
STACK WEIGHT: 96 kg



FN-108
SEATED LEG PRESS

DIMENSIONS (LxWxH): 71x189x172 cm
MACHINE WEIGHT: 366 kg
STACK WEIGHT: 141 kg





FN-110
ANGLED SEATED CALF

DIMENSIONS (LxWxH): 125x81x139 cm
MACHINE WEIGHT: 227 kg
STACK WEIGHT: 141 kg



FN-117
GLUTE MACHINE

DIMENSIONS (LxWxH): 82x122x137 cm
MACHINE WEIGHT: 175 kg
STACK WEIGHT: 69 kg



FN-120
HIP ADDUCTOR

DIMENSIONS (LxWxH): 70x130x137 cm
MACHINE WEIGHT: 233 kg
STACK WEIGHT: 96 kg



FN-121
HIP ABDUCTOR

DIMENSIONS (LxWxH): 70x130x137 cm
MACHINE WEIGHT: 233 kg
STACK WEIGHT: 96 kg

FN-201
BICEP CURL

DIMENSIONS (LxWxH): 92x103x137 cm
MACHINE WEIGHT: 212 kg
STACK WEIGHT: 96 kg



FN-204
TRICEP EXTENSION

DIMENSIONS (LxWxH): 90x120x150 cm
MACHINE WEIGHT: 182 kg
STACK WEIGHT: 69 kg



FN-301
LAT PULL DOWN

DIMENSIONS (LxWxH): 103x171x192 cm
MACHINE WEIGHT: 263 kg
STACK WEIGHT: 96 kg



FN-303
SEATED ROW

DIMENSIONS (LxWxH): 99x153x137 cm
MACHINE WEIGHT: 196 kg
STACK WEIGHT: 96 kg





FN-306
PULLOVER

DIMENSIONS (LxWxH): 116x129x158 cm
MACHINE WEIGHT: 238 kg
STACK WEIGHT: 114 kg



FN-401
CHEST PRESS

DIMENSIONS (LxWxH): 119x123x137 cm
MACHINE WEIGHT: 215 kg
STACK WEIGHT: 96 kg



FN-402
INCLINE CHEST PRESS

DIMENSIONS (LxWxH): 158x125x137 cm
MACHINE WEIGHT: 153 kg
STACK WEIGHT: 82 kg



FN-404
SHOULDER PRESS

DIMENSIONS (LxWxH): 127x129x137 cm
MACHINE WEIGHT: 214 kg
STACK WEIGHT: 82 kg

FN-406
DIP MACHINE

DIMENSIONS (LxWxH): 108x104x137 cm
MACHINE WEIGHT: 189 kg
STACK WEIGHT: 96 kg



FN-407
PEC FLY

DIMENSIONS (LxWxH): 131x122x137 cm
MACHINE WEIGHT: 241 kg
STACK WEIGHT: 87 kg



FN-501
ABDOMINAL ISOLATOR

DIMENSIONS (LxWxH): 122x110x145 cm
MACHINE WEIGHT: 224 kg
STACK WEIGHT: 96 kg



FN-502
TORSO ROTATION

DIMENSIONS (LxWxH): 126x82x140 cm
MACHINE WEIGHT: 211 kg
STACK WEIGHT: 96 kg



// STANDARD Selectorized Line



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FS-101
LEG EXTENSION

DIMENSIONS (LxWxH): 140x90x140 cm
MACHINE WEIGHT: 218 kg
STACK WEIGHT: 113 kg



FS-102
SEATED LEG CURL

DIMENSIONS (LxWxH): 146x80x140 cm
MACHINE WEIGHT: 210 kg
STACK WEIGHT: 96 kg



FS-103
LYING LEG CURL

DIMENSIONS (LxWxH): 88x177x140 cm
MACHINE WEIGHT: 221 kg
STACK WEIGHT: 96 kg



FS-104
STANDING LEG CURL

DIMENSIONS (LxWxH): 125x80x140 cm
MACHINE WEIGHT: 190 kg
STACK WEIGHT: 68 kg





FS-110
ANGLED SEATED CALF

DIMENSIONS (LxWxH): 134x93x140 cm
MACHINE WEIGHT: 255 kg
STACK WEIGHT: 143 kg



FS-112
STANDING CALF

DIMENSIONS (LxWxH): 61x98x194 cm
MACHINE WEIGHT: 270 kg
STACK WEIGHT: 96 kg



FS-117
GLUTE MACHINE

DIMENSIONS (LxWxH): 140x82x140 cm
MACHINE WEIGHT: 175 kg
STACK WEIGHT: 68 kg



FS-120
HIP ADDUCTOR

DIMENSIONS (LxWxH): 126x101x140 cm
MACHINE WEIGHT: 209 kg
STACK WEIGHT: 96 kg

FS-121
HIP ABDUCTOR

DIMENSIONS (LxWxH): 126x101x140 cm
MACHINE WEIGHT: 209 kg
STACK WEIGHT: 96 kg



FS-201
BICEP CURL

DIMENSIONS (LxWxH): 140x101x140 cm
MACHINE WEIGHT: 184 kg
STACK WEIGHT: 96 kg



FS-203
TRICEP EXTENSION

DIMENSIONS (LxWxH): 114x92x140 cm
MACHINE WEIGHT: 188 kg
STACK WEIGHT: 96 kg



FS-204
TRICEP ISOLATOR

DIMENSIONS (LxWxH): 130x98x140 cm
MACHINE WEIGHT: 180 kg
STACK WEIGHT: 96 kg





FS-301
LAT PULL DOWN

DIMENSIONS (LxWxH): 160x115x240 cm
MACHINE WEIGHT: 245 kg
STACK WEIGHT: 141 kg



FS-302
LOW ROW

DIMENSIONS (LxWxH): 255x101x240 cm
MACHINE WEIGHT: 279 kg
STACK WEIGHT: 141 kg



FS-303
SEATED ROW

DIMENSIONS (LxWxH): 154x92x140 cm
MACHINE WEIGHT: 203 kg
STACK WEIGHT: 114 kg



FS-305
LOW BACK

DIMENSIONS (LxWxH): 125x100x145 cm
MACHINE WEIGHT: 215 kg
STACK WEIGHT: 95 kg

FS-306
PULLOVER

DIMENSIONS (LxWxH): 114x120x152 cm
MACHINE WEIGHT: 245 kg
STACK WEIGHT: 108 kg



FS-315
REAR DELT / PEC FLY

DIMENSIONS (LxWxH): 145x101x205 cm
MACHINE WEIGHT: 194 kg
STACK WEIGHT: 96 kg



FS-401
SEATED CHEST PRESS

DIMENSIONS (LxWxH): 121x125x140 cm
MACHINE WEIGHT: 221 kg
STACK WEIGHT: 118 kg



FS-402
INCLINE CHEST PRESS

DIMENSIONS (LxWxH): 170x120x140 cm
MACHINE WEIGHT: 230 kg
STACK WEIGHT: 118 kg



FS-404
SHOULDER PRESS

DIMENSIONS (LxWxH): 127x121x140 cm
MACHINE WEIGHT: 205 kg
STACK WEIGHT: 118 kg





FS-405
LATERAL RAISE

DIMENSIONS (LxWxH): 102x102x143 cm
MACHINE WEIGHT: 214 kg
STACK WEIGHT: 96 kg



FS-406
DIP MACHINE

DIMENSIONS (LxWxH): 125x102x140 cm
MACHINE WEIGHT: 273 kg
STACK WEIGHT: 96 kg



FS-407
PEC FLY

DIMENSIONS (LxWxH): 124x122x140 cm
MACHINE WEIGHT: 221 kg
STACK WEIGHT: 91 kg



FS-501
ABDOMINAL ISOLATOR

DIMENSIONS (LxWxH): 125x88x140 cm
MACHINE WEIGHT: 224 kg
STACK WEIGHT: 96 kg

FS-502
TORSO ROTATION

DIMENSIONS (LxWxH): 121x102x157 cm
MACHINE WEIGHT: 225 kg
STACK WEIGHT: 96 kg



FS-503
ABDOMINAL CRUNCH

DIMENSIONS (LxWxH): 97x123x143 cm
MACHINE WEIGHT: 182 kg
STACK WEIGHT: 68 kg



FS-806
CHIN/DIP ASSIST

DIMENSIONS (LxWxH): 123x143x230 cm
MACHINE WEIGHT: 242 kg
STACK WEIGHT: 96 kg



FS-808
SINGLE COLUMN ADJUSTABLE

DIMENSIONS (LxWxH): 117x102x242 cm
MACHINE WEIGHT: 190 kg
STACK WEIGHT: 96 kg



// Multi-Stations



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FM-803
ADJUSTABLE CABLE X-OVER

DIMENSIONS (LxWxH): 275x103x240 cm
MACHINE WEIGHT: 424 kg
STACK WEIGHT: 2x96 kg



FM-808
FUNCTIONAL TRAINER

DIMENSIONS (LxWxH): 190x104x226 cm
MACHINE WEIGHT: 299 kg
STACK WEIGHT: 2x68 kg



FM-809
NON-ADJUSTABLE CABLE X-OVER

DIMENSIONS (LxWxH): 275x103x240 cm
MACHINE WEIGHT: 380 kg
STACK WEIGHT: 2x96 kg



FM-850
4-SIDES STATION

DIMENSIONS (LxWxH): 351x370x240 cm
MACHINE WEIGHT: 792 kg
STACK WEIGHT: 2x141, 114, 2x96 kg





FM-851
ARMY 4-SIDES STATION

DIMENSIONS (LxWxH): 310x300x232,5 cm
MACHINE WEIGHT: 750 kg
STACK WEIGHT: 68, 3x96 kg



FM-852
8-SIDES STATION

DIMENSIONS (LxWxH): 395x256x240 cm
MACHINE WEIGHT: 1350 kg
STACK WEIGHT: 4x141, 2x96, 2x114 kg



FD-890
**REAR DELT, PEC DEC, CHEST PRESS,
SEATED ROW**

DIMENSIONS (LxWxH): 230x100x190 cm
MACHINE WEIGHT: 365 kg
STACK WEIGHT: 105, 125 kg



FD-891
LAT PULL, BICEP, TRICEP, ABDOMINAL

DIMENSIONS (LxWxH): 240x85x230 cm
MACHINE WEIGHT: 355 kg
STACK WEIGHT: 2x125 kg

FD-202
LAT PULL, TRICEP

DIMENSIONS (LxWxH): 121x68x230 cm
MACHINE WEIGHT: 170 kg
STACK WEIGHT: 125 kg



FD-315
REAR DELT, PEC DEC

DIMENSIONS (LxWxH): 120x70x190 cm
MACHINE WEIGHT: 190 kg
STACK WEIGHT: 125 kg



FD-403
CHEST PRESS, SEATED ROW

DIMENSIONS (LxWxH): 117x100x190 cm
MACHINE WEIGHT: 170 kg
STACK WEIGHT: 125 kg



FD-503
BICEP, ABDOMINAL

DIMENSIONS (LxWxH): 125x85x190 cm
MACHINE WEIGHT: 170 kg
STACK WEIGHT: 105 kg



// Plate-Loaded



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FP-105
LEG PRESS

DIMENSIONS (LxWxH): 196x173x133 cm
WEIGHT: 213 kg



FP-106
HACK SQUAT

DIMENSIONS (LxWxH): 193x173x133 cm
WEIGHT: 211 kg



FP-111
SEATED CALF

DIMENSIONS (LxWxH): 138x58x78 cm
WEIGHT: 45 kg



FP-309
T-ROW

DIMENSIONS (LxWxH): 215x66x57 cm
WEIGHT: 75 kg





FP-310
INCLINE LEVER ROW

DIMENSIONS (LxWxH): 180x96x124 cm
WEIGHT: 89 kg



FP-804
SMITH MACHINE (STRAIGHT)

DIMENSIONS (LxWxH): 222x140x206 cm
WEIGHT: 233 kg



FP-805
SMITH MACHINE (INCLINE)

DIMENSIONS (LxWxH): 222x140x206 cm
WEIGHT: 238 kg



FG-601
LAT PULL DOWN

DIMENSIONS (LxWxH): 166x129x217 cm
WEIGHT: 149 kg

FG-602
SEATED ROW

DIMENSIONS (LxWxH): 149x179x196 cm
WEIGHT: 203 kg



FG-603
SEATED CHEST PRESS

DIMENSIONS (LxWxH): 157x106x118 cm
WEIGHT: 140 kg



FG-604
SHOULDER PRESS

DIMENSIONS (LxWxH): 200x87x119 cm
WEIGHT: 145 kg



FG-605
INCLINE CHEST PRESS

DIMENSIONS (LxWxH): 179x87x123 cm
WEIGHT: 140 kg



// Benches & Racks



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FW-202
PREACHER CURL (SEATED)

DIMENSIONS (LxWxH): 123x82x91 cm
WEIGHT: 40 kg



FW-208
PREACHER CURL (STANDING)

DIMENSIONS (LxWxH): 88x126x130 cm
WEIGHT: 50 kg



FW-410
OLYMPIC BENCH

DIMENSIONS (LxWxH): 178x176x140 cm
WEIGHT: 95 kg



FW-411
OLYMPIC INCLINE BENCH

DIMENSIONS (LxWxH): 183x176x154 cm
WEIGHT: 132 kg





FW-412
OLYMPIC DECLINE BENCH

DIMENSIONS (LxWxH): 200x176x139 cm
WEIGHT: 121 kg



FW-413
OLYMPIC MILITARY BENCH

DIMENSIONS (LxWxH): 170x125x170 cm
WEIGHT: 117 kg



FW-115
GLUTE BENCH

DIMENSIONS (LxWxH): 207x101x140 cm
WEIGHT: 110 kg



FW-308
HYPEREXTENSION

DIMENSIONS (LxWxH): 116x88x72 cm
WEIGHT: 44 kg

FW-311
HORIZONTAL BACK EXTENSION

DIMENSIONS (LxWxH): 123x89x93 cm
WEIGHT: 35 kg



FW-511
AB CRUNCH BENCH

DIMENSIONS (LxWxH): 150x60x149 cm
WEIGHT: 68 kg



FW-512
AB CRUNCH EASY BENCH

DIMENSIONS (LxWxH): 156x61x102 cm
WEIGHT: 68 kg



FW-701
FLAT BENCH

DIMENSIONS (LxWxH): 120x60x50 cm
WEIGHT: 33 kg





FW-702
SUPERBENCH

DIMENSIONS (LxWxH): 139x62x47 cm
WEIGHT: 54 kg



FW-703
UTILITY BENCH

DIMENSIONS (LxWxH): 80x60x92 cm
WEIGHT: 16 kg



FW-704
ROMAN BENCH

DIMENSIONS (LxWxH): 115x77x78 cm
WEIGHT: 35 kg



FW-801
VERTICAL LEG RAISE / DIP

DIMENSIONS (LxWxH): 118x70x168 cm
WEIGHT: 72 kg

FW-802
CHIN / DIP / LEG RAISE

DIMENSIONS (LxWxH): 130x129x254 cm
WEIGHT: 64 kg



FW-803
EASY LEG RAISE

DIMENSIONS (LxWxH): 123x83x166 cm
WEIGHT: 75 kg



FW-807
POWER CAGE

DIMENSIONS (LxWxH): 143x174x239 cm
WEIGHT: 208 kg



FW-815
FREE STANDING DIP

DIMENSIONS (LxWxH): 104x75x134 cm
WEIGHT: 55 kg





FW-819
SQUAT RACK

DIMENSIONS (LxWxH): 158x178x178 cm
WEIGHT: 147 kg



FW-820
POWER PLATFORM

DIMENSIONS (LxWxH): 135x128x165 cm
WEIGHT: 140 kg



FY-420.1
2-STATION CAGE WITH PLATFORMS

DIMENSIONS (LxWxH): 660x260x240 cm
WEIGHT: 950 kg



FR-872.1
LIFTING PLATFORM

DIMENSIONS (LxWxH): 223x249x8,5 cm
WEIGHT: 280 kg

FR-872.2
INSERT PLATFORM FOR POWER CAGE

DIMENSIONS (LxWxH): 304x249x7,7 cm
WEIGHT: 307 kg



FR-812
DUMBBELL RACK — 10 PAIRS

DIMENSIONS (LxWxH): 243x63x76 cm
WEIGHT: 95 kg



FR-814
BARBELL RACK — 10 BARS

DIMENSIONS (LxWxH): 108x78x134 cm
WEIGHT: 57 kg



FR-816
WEIGHT PLATE TREE

DIMENSIONS (LxWxH): 68x61x126 cm
WEIGHT: 30 kg



STANDARD COLOR PALETTE

FRAMES COLORS



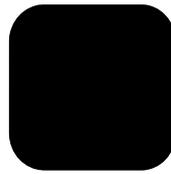
WT
WHITE



SW
LIGHT SILVER



SL
DARK SILVER



BK
BLACK

UPHOLSTERY COLORS



US 372
MANDARIN
ORANGE



US 360
AMERICAN
BEAUTY



US 370
PAPRICA



US 376
TERRA COTTA



US 364
BURGUNDY



US 417
DUSTY
JADE



US 419
TURQUOISE



US 426
GROTTO



US 344
FOREST



US 353
SPACE
BLUE



US 354
ROYAL
BLUE



US 432
IMPERIAL
BLUE



US 345
REGIMENTAL
BLUE



US 433
CROCUS



US 403
PUTTY



US 413
DOVE

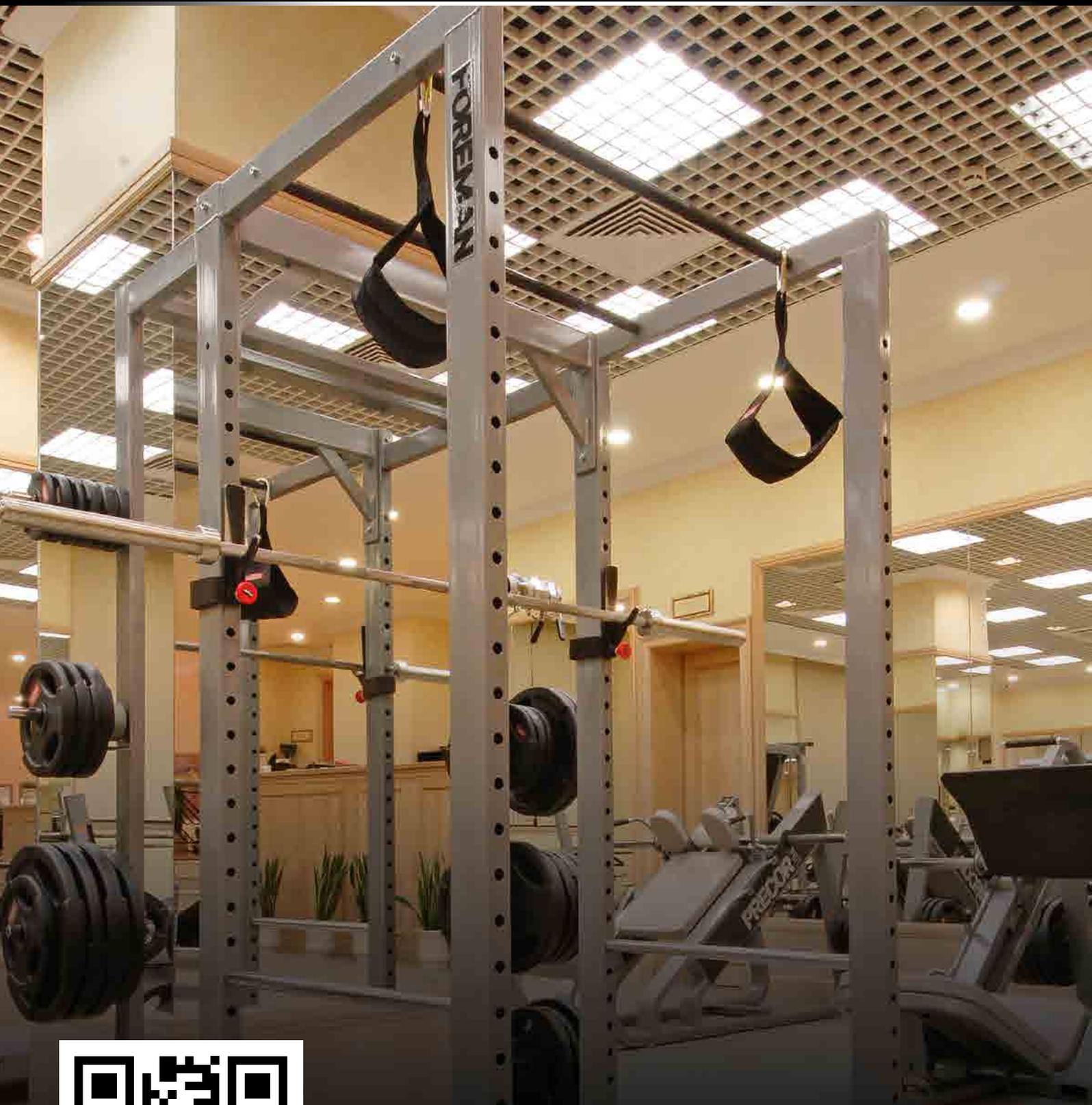


US 429
GRAPHITE



US 393
BLACK

// POWER CAGE FW-807



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