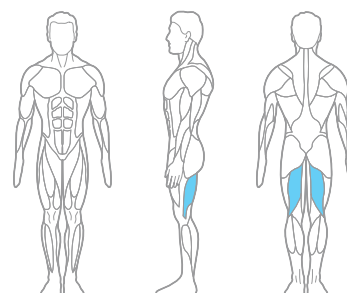




Description

The cam profile of the 563H is designed to ensure that the imposition of load through the hamstring is set so that the force begins high, then progressively decreases throughout the range thus mimicking the normal dynamic action of the knee flexors. The seated position enables the user to work from low to high intensities of resistance in a safe and bio-mechanically efficient manner. This machine is effective for exercising the hamstring, gastrocnemius muscles, and unlike the prone leg can work the muscle to its optimum without stressing other joints.

Muscles Used



Specifications

Length	155cm	61 3/16"
Height	150cm	59 1/16"
Width	104cm	41"
Machine Weight	205kg	452lb
Weight Increment - Optional	2.5kg	5.5lbs
Weight Stack - Standard	80kg	176lbs
Weight Stack - Optional	100kg	220lbs
Max Weight User	180kg	397lbs

Key Features



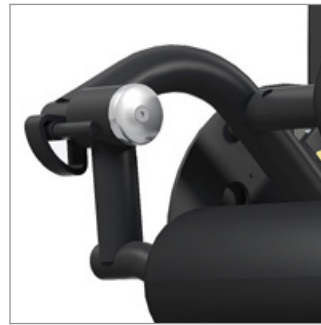
Optional 2.5 increment



Self aligning ankle roller



Adjustable seat back support



Multiple start positions

563H Seated Leg Curl



Structure

Frame Construction

All Pulse Fitness products are constructed from durable steel that is designed to give exceptional structural integrity and stability even during the most vigorous workout.

Frame Protection

Once welded, the frames are treated against corrosion by being grit blasted (for guaranteed durability). They are furnace baked, heat-cured and electrostatically epoxy powdercoated twice (which ensures maximum adhesion and coating thickness). This gives them a tough, corrosive-resistant and easy to clean finish, offering unbeatable reliability and longevity.

Frame Colour

Sand Black.

Weight Stack Tower - Guarding

The weight stack tower is fully enclosed.

Shrouds Colour

Carbon Fibre.

Operation

Fully Enclosed Weight Stack Tower / Magnetic and Tethered Weight Stack Pin / Weight Plates / Guide Rods

The Classic Strength Stations provide users with a low starting weight and yet still have the capacity of a full weight plate range. This means users can build up their workout gradually, whilst the equipment still accommodates the widest possible user group.

The weight stack tower is completely covered to provide the best possible user safety experience (in full compliance with BS-EN standards), protecting bystanders from accidental contact with a moving weight plate.

The front facing shroud is full-length, with a 60mm (2 $\frac{3}{8}$ ") wide slot, giving access to the 8mm ($\frac{5}{16}$ ") diameter, weight stack pin.

The magnetic weight stack pin assures positive locking into the weight plates and is secured to the weight stack via a plastic-coated tether cable. The pin cannot be removed from the machine.

The cast and machined solid-steel weight plates are 15mm ($\frac{9}{16}$ ") thick, 5kg (11lbs), with precision fitted self-lubricating nylon bushes. This is to ensure smooth travel on the guide rods which are 20mm ($\frac{3}{4}$ ") in diameter, made from steel, precision centreless ground, polished with corrosion-resistant chrome plating for a smooth operation and rust retardation.

The weight stack tower is so positioned to be accessible from a seated position wherever possible.

Weight Stack Suspension

Proven rubber bumper damping system.

Smooth Operation

Pulse Fitness strength products are renowned for their smoothness of operation. This results from our precision-engineered transmission system and weight stack tower assembly, which reduces the coefficient of friction and significantly cuts maintenance costs.

Belt Transmission

An ultra-modern manufacturing process is required to produce the open-ended steel-reinforced PU-flat belt (measuring 15mm ($\frac{9}{16}$ ") x 2.3mm ($\frac{1}{8}$ "). This transmission system is constructed from a modified polyurethane which is lightweight, extremely flexible, has a high strength co-efficient (with a 92 shore A rating) is both hard-wearing and durable. It's virtually corrosion-proof design is due to its metal cores being enclosed within a polyurethane shield. The cores are positioned parallel-to-edge in alignment which increases their combined flexibility. This approach allows the bearing face of the Belt to be made wider and so the machines pulleys are more easily driven. The polyurethane coating, ensures the Belt has anti-slip traction and an efficient power transmission. All of this technology provides the user with a quiet, smooth operation.

Enclosed Pulleys and Bearings

The pulleys are 7.4cm (2 $\frac{15}{16}$ ") in diameter. They are constructed from polypropylene that is reinforced with fiberglass and are designed to be convex (both with and without side flanges). These crowned pulleys ensure excellent power transmission and produce a smooth running product.

The pulley's bearings are ABEC-rated, precision ground and have sealed ball bearing races, for added durability and a 'fluid' smooth feel.

The pulley's pivot axles are solid steel supported by 25mm (1") precision moulded bushes that allow for precise alignment and frictionless movement.

Hand-Grip Assembly

The hand-grips have been positioned to ensure a neutral wrist position is always achievable. This facilitates less stress on the users wrist, which in turn allows for a more comfortable, and a safer work-out.

The hand-grips are formed from a slip-resistant, extruded rubber compound that is non-absorbing and wear-and-tear resistant. They are 35mm (1-3/8") diameter. Encompassing the hand-grips are the machined, aluminum end-caps, these provide great durability.

Range of Motion

All machines within the range have a full and natural range of motion, which increases flexibility and enhances the muscle's ability to perform.

Counterbalanced Weight

The handlebar arms are counterbalanced allowing the user to start an exercise with a small weight selection.

Variable Resistance Cam

The cams purpose is to allow the muscle to be equally worked throughout the exercises range of motion.

Mouldings

The injection-mouldings are durable, high impact thermoplastic housings, which seal internal components, protecting the vital parts against dust and sweat, and are easy to wipe clean.

All rubber coverings are durable and have a high impact resistance; they too, are easy to wipe clean.

Mouldings Colour

Soft Black.

Adjustments

Seat and Lever / Manual Adjustments

The gas-assisted, ratcheting seat adjusts, allowing it to fit a wide range of users. It has a spring-loaded, push-to-release mechanism. Its lock-pin is constructed using a hardened plunger and chrome plated tube-in-tube adjustment assembly.

Adjustable Leg Assembly

The leg assembly can be adjusted into three positions to fit a wide range of users.

Self-Aligning Ankle Roller

Self adjusting tibia pad ensures correct positioning of ankle roller.

Alignment

All points of axis and rotation are located so as to enable perfect alignment of body and machine - reducing the risk of training injury.

Multiple Start Positions

The user can choose between multiple starting position using a Single Handed Adjuster. This allows for a wide range of both toning and bodybuilding workouts to be undertaken.

Adjustable Seat Back Support

The seat back is adjustable allowing for perfect body alignment.

Instructions

Ease of Use

Weight selection and all adjustments are simple and easy to make from the exercise position with all positions clearly indexed.

Graphic Information Panel

The graphic information panel is designed to show an easy-to-follow, simple step-by-step pictorial instructions. These illustrate the machines setup, the correct operating procedure, user start and finish positions and which identify which muscle groups will be trained during the work-out.

Comfort

Upholstery Construction

The long-lasting, easy-to-clean upholstered support pads and rollers, have a high resistance to: abrasion, ageing, bacteria, disinfectant, mildew, oil and stains. They are puncture, wear resistant and made from premium-quality industrial vinyl. Total thickness is 70mm (2 $\frac{3}{4}$ ").

Upholstery Colour

Slate Black (single black stitching).

Personal Storage

At the top of the weight stack tower, there is provision for a users personal storage. The storage dish and bucket have enough room to deposit items like mobile phones, keys & even a water bottle.

Safety

Moulded Plastic Foot Pads

Designed to protect polished floors whilst enhancing safety. Moulded ABS plastic foot pads are supplied as standard.