







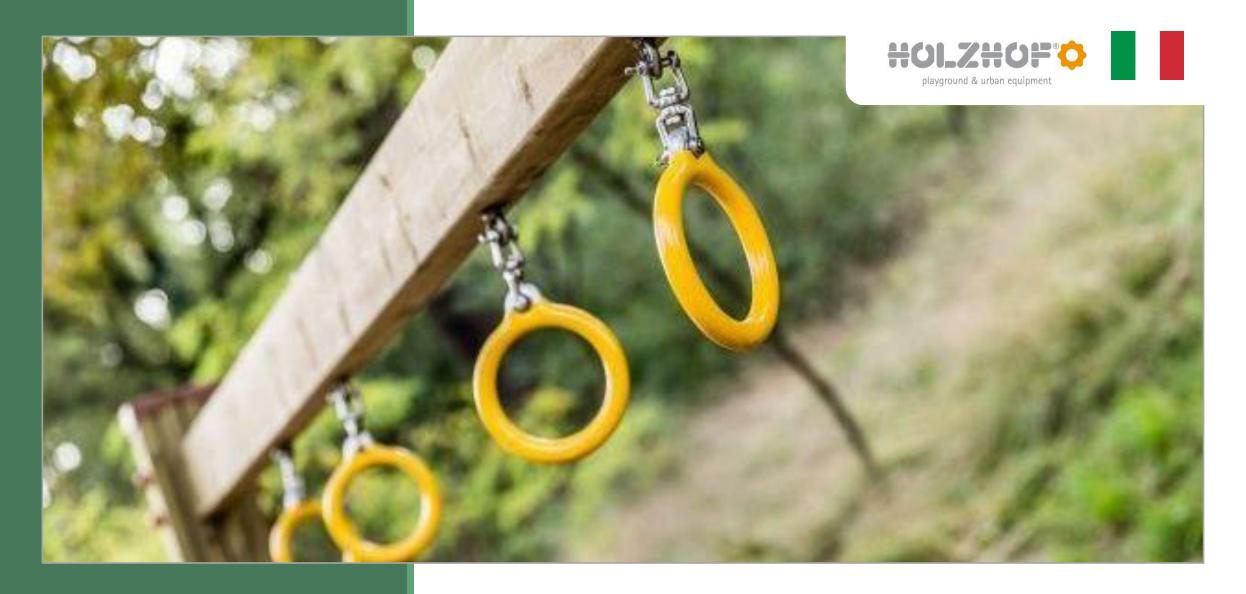
# FITNESS & GYM EQUIPMENT

### MODERN GARDENS FOR GARDENS EQUIPMENT TRADING LLC

PO Box 128619 Abu Dhabi UAE | Tel +971 2 650 8039 | Fax +971 2 673 5995 Email moderngardens@gmail.com | marketing.moderngardens@gmail.com

P.O Box No.11169 Manama, Kingdom of Bahrain Mobile +973 66628877 | Email bahrain.moderngardens@gmail.com

Website moderngardensuae.com



# | FITNESS EQUIPMENT









TILTED ABDOMINAL BENCH + EXERCISE TABLE SXP2
DIMENSIONS | 2230 x 800mm



PARALLEL BARS WITH EXERCISE TABLE XSP3
DIMENSIONS | 2000 X 600mm







HORIZONTAL OBSTACLES WITH EXERCISE TABLE XSP4
DIMENSIONS | 3090 X 2500mm

FLAT ABDOMINAL BENCH WITH EXERCISE TABLE XSP5 DIMENSIONS | 2300 X 9050mm

TILTED BEAM WITH EXERCISE TABLE XSP8
DIMENSIONS | 3980 X 210mm









SET OF MONKEY BARS WITH EXERCISE TABLE XSP6
DIMENSIONS | 4000 X 3500mm



PULL-UP BARS WITH EXERCISE TABLE XSP9
DIMENSIONS | 3360 X 90mm





TRIPLE BALANCE BEAM WITH EXRCISE TABLE XSP12 DIMENSIONS | 5910 X 3180mm

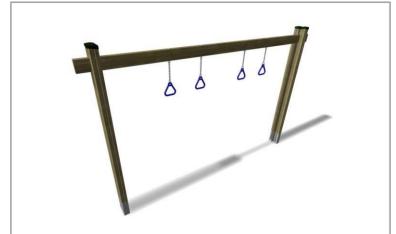


SIDE FLIP WITH EXERCISE TABLE XSP10 DIMENSIONS | 2980 X 210mm



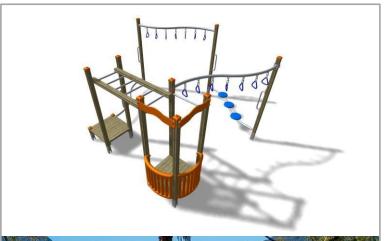
**DOUBLE WALL BAR WITH EXERCISE TABLE XSP11** DIMENSIONS | 1250 X 1250mm







PULL-UP RINGS WITH EXERCISE TABLE XSP14
DIMENSIONS | 4000 X 2100 X 3000mm





GYM SET XSP240 DIMENSIONS | 4340 X 4750 X 2350mm



**VERTICAL OBSTACLES WITH EXERCISE TABLE XSP13** 



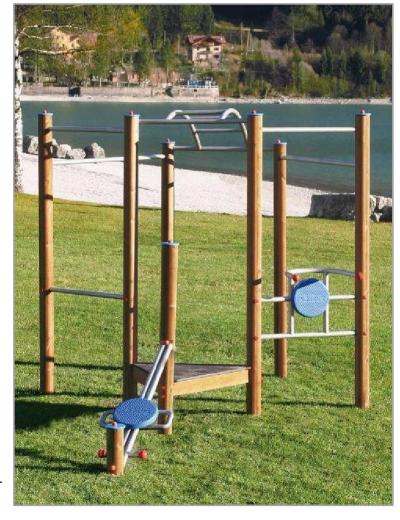






**GYM TOWER XSP250** DIMENSIONS | 4070 X 2830 X 2550mm

SPECIFICATIONS |
GLULAM TWO-LAYER WOODEN STRUTS: CROSS SECTION DIAMETER 12CM, PLASTIC STRUT CAPS, TUBULAR STEEL GYMNASTICS EQUIPMENT, GALVANIZED STEEL
BALANCE BAR, RUBBER STOOLS, KIT WITH GALVANIZED BOLTS AND PLASTIC PLUGS







### FITNESS EQUIPMENT





#### PRESS HORIZONTAL KF801

Length Height 2384 мм 1218 мм Width Weight 1450 mm 200



#### PRESS UP KF802

Length Height 1596 мм 1498 мм Width Weight 1628 мм 235



#### **LEG PRESS KF803**

Length Height 2846 мм 1571 мм Width Weight 38 mm 283



#### **LEVER ROD KF804**

Length Height

1710 mm 1103 mm Width Weight

h 1225 mm Iht 185



#### **UPPER THRUST KF805**

Length Height 2238 мм 1907 мм Width Weight 1445 mm 217



#### **TRACTION UNIT KF806**

Length Height 2389 mm Width 1718 mm 1195 mm Weight 321 kg





#### **SQUAT SIMULATOR KF807**

Length 1463 Height 1405

1463 мм 1405 mm Width Weight 1508 mm 196



#### **BUTTERFLY KF808**

Length Height 2196 мм 644 mm Width Weight 2140 mm 218 kg



#### **DELTA MACHINE KF809**

Length Height 849 m0m 1496 мм= Width Weight 2130 mm 220



#### **BICEPS MACHINE KF810**

Length Height 1187<sub>мм</sub> 1055 mm Width Weight 1233 мм 137 **kg** 



#### TRICEPS BARS KF811

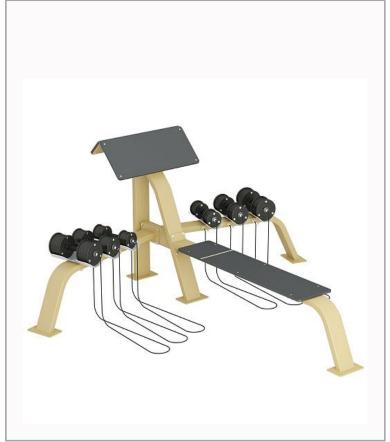
Length Height 2573 мм 1138 мм Width Weight 999 mm 228



#### THIGH EXTENSOR KF812

Length Height 1437 мм 1362 мм Width Weight 1619<sub>MM</sub> 243 **Molern Jar ens** 







### **Combined machine KF814**

•Length 1589 mm •Width 1094 mm •Height 2485 mm •Weight 129

### Scott's desk KF815 with dumbbells and bench

•Length 2230 mm •Width 2366 mm •Height 055 mm •Weight 196

### Scott's desk KF815.1 with dumbbells

•Length 749 mm •Width 2366 мм •Height 1055 mm •Weight 175 kg





# INCLUSIVE FITNESS EQUIPMENT









**SM201.1-T**PURPOSE | Wheelchair accessible chest press





**SM202.1-T**PURPOSE | Wheelchair accessible lat pull down



**SM228.1-T**PURPOSE | Wheelchair accessible Buttefly - chest training





**SM107.1**PURPOSE | Shoulders training (4 small wheels)



**SM208.1**PURPOSE | Shoulders training (2 big wheels)

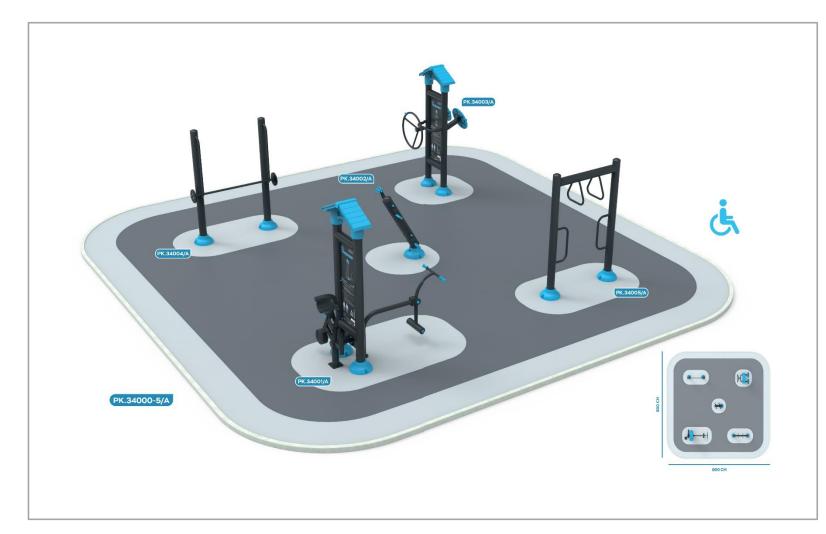






INCLUSIVE FITNESS TRAINING COMPLEX



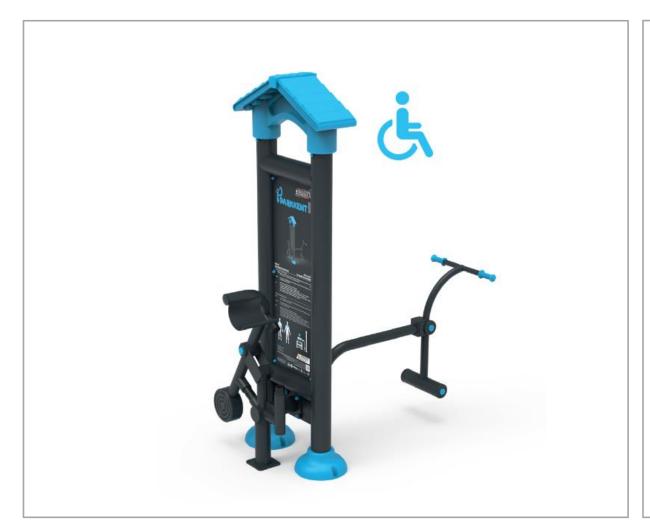




PK.34005

PURPOSE | ARM TRAINER SET DIMESIONS | 38 x 139 x 183 cm









PK 34001

PURPOSE | SHOULDER AND QUADRICEPS TRAINER SET

DIMESIONS | 82 X 180 X 217 CM

PK 34002

PURPOSE | ARM TRAINER & CYCLING SET

DIMESIONS | 47 X 70 X 114 CM







PK 34003

PURPOSE | ARM WHEEL & CHEST TRAINER SET

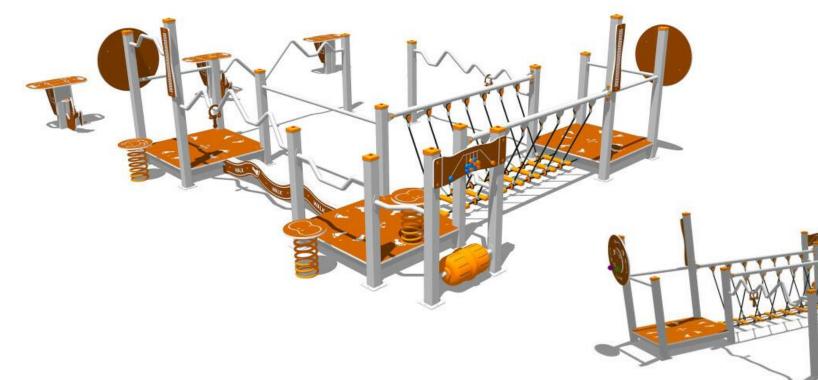
DIMESIONS | 96 X 90 X 217 CM

PK 34005

PURPOSE | ARM TRAINER SET DIMESIONS | 38 X 139 X 183 CM







### **SPORTING STRUCTURE "SENIOR" XSP285**

Information: length: 719 width: 500

seat height: 59

security area: 1009x821





# | FITNESS EQUIPMENT





BENCH PRESS SMP101.1
DIMENSIONS | 875 X 1022 X 1756mm



BARS SMP105.1

DIMENSIONS | 1136 X 685 X 1620mm



UPPER THRUST SMP102.1
DIMENSIONS | 935 X 1038 X 1647mm



PRESS EXERCISE MACHINE ANATOMIC SMP106.1 DIMENSIONS | 757 X 496 X 1620mm



PRESS LEGS HORIZONTAL SMP103.1

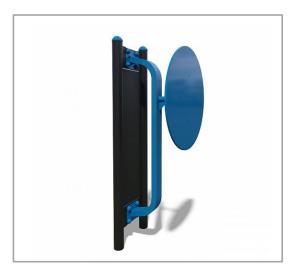
DIMENSIONS | 1113 X 500 X 1620mm



SMP107.1 SHOULDER GIRDLE MUSCLE EXERCISE MACHINE
DIMENSIONS | 872 X 1145 X 1620mm



PENDULUM SMP104.1
DIMENSIONS | 792 X 767 X 1620mm



SMP108.1 SHOULDER GIRDLE MUSCLE EXERCISE MACHINE

DIMENSIONS | **567 X 845 X 1620mm** 



ABDOMINAL MUSCLE EXERCISE MACHINE **SMP109.1** DIMENSIONS | 1463 X 690 X 528mm



HOS RIDER SMP110.1 DIMENSIONS | 1187 X 800 X 1115mm



**HORIZONTAL BAR SMP112.1** DIMENSIONS | 984 X 732 X 2285mm



TWISTER SMP114.1 DIMENSIONS | 1156 X 564 X 1748mm



AIR WALKER SMP115.1 DIMENSIONS | 1269 X 489 X 1489mm



**ORBITEK SMP116.1** DIMENSIONS | 1605 X 566 X 1844mm



SMP125.1 PRESS DIMENSIONS | 935 X 704 X 1620mm



**BUTTERFLY - SMP128.1** DIMENSIONS | 1027 X 1230 X 2014mm



HYPEREXTENSION SMP134.1 EXERCISE MACHINE DIMENSIONS | 1129 X 653 X 803mm



SMP139.1 EXERCISE
DIMENSIONS | 1536 X 490 X 699mm



ROWING MACHINE SMP135.1
DIMENSIONS | 987 X 957 X 962mm



SKIER SMP141.1-T
DIMENSIONS | 1409 X 602 X 1580mm



STEPPER SMP136.1
DIMENSIONS | 916 X 564 X 1620mm



EXERCISE MACHINE FOR THIGH MUSCLES SMP142.1

DIMENSIONS | 824 X 792 X 1620mm





BENCH PRESS SM101
DIMENSIONS | 1569 X 875 X 1918mm



SM104 SIMULATOR FOR THE GLUTEUS, AND THE THIGH

DIMENSIONS | 1055 x 797 x 1426mm



BENCH PRESS SM101-102

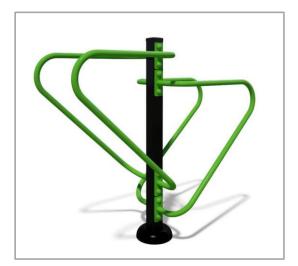
DIMENSIONS | 1563 X 930 X 1918mm



SM104-114 TWISTER PENDULUM DIMENSIONS | 1443 X 797 X 1426mm



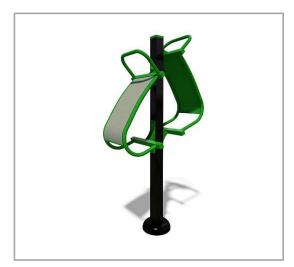
TOP THRUST - SM102 Dimensions | 1565 x 930 x 1918mm



BARS SM105 DIMENSIONS | 1742 X 684 X 1728mm



PRESS LEGS HORIZONTAL SM103
DIMENSIONS | 1747 X 500 X 1508mm



PRESS ANATOMIC - SM106
DIMENSIONS | 1033 X 496 X 2051mm





SM107 SHOULDER GIRDLE MUSCLE
DIMENSIONS | 1236 X 1145 X 1524mm



LADDER WITH HORIZONTAL BAR SM112
DIMENSIONS | 1567 X 984 X 2413mm



SM108 SHOULDER GIRDLE MUSCLE DIMENSIONS | 646 X 845 X 1829mm



TWISTER SM114
DIMENSIONS | 1830 X 564 X 1368mm



SM109 FOR ABDOMINAL MUSCLES
DIMENSIONS | 1654 X 1175 X 582mm



TWISTER SM114-4
DIMENSIONS | 1830 X 1830 X 1368mm



HOS RYDER - SM110 Dimensions | 916 x 800 x 1119mm



AIR WALKER SM115
DIMENSIONS | 489 X 1012 X 1429mm





ORBITEK SM116
DIMENSIONS | 1396 X 566 X 1779mm



SM126 HIP EXTENSOR
DIMENSIONS | 1559 X 551 X 1108mm



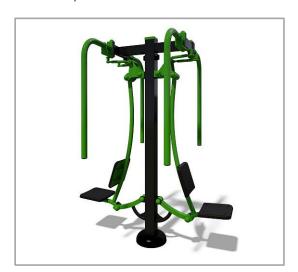
HORIZONTAL BAR SM117
DIMENSIONS | 1125 X 1125 X 2508mm



THIGH EXTENSOR - STEPPER SM126-136
DIMENSIONS | 1455 X 548 X 1455mm



CHESS TABLE SM120 DIMENSIONS | 1365 X 680 X 715mm



BUTTERFLY - SM128

DIMENSIONS | 1541 X 1230 X 2008mm



FOCUS FOR PRESS SM125
DIMENSIONS | 1340 X 722 X 1570mm



FOR MUSCLES OF A BICEPS OF SM129
DIMENSIONS | 1561 X 1088 X 928mm

Mo ern



**LEVER ROD - SM131**DIMENSIONS | 1030 X 875 X 1983mm



STEPPER EXERCISE MACHINE SM136-142
DIMENSIONS | 1264 X 792 X 1458mm



SIMULATOR "HYPEREXTENSION SM134 DIMENSIONS | 1000 X 653 X 743mm



SM139 EXERCISE BIKE
DIMENSIONS | 1290 X 490 X 699mm



ROWING MACHINE SM135
DIMENSIONS | 987 X 824 X 902mm



SKIER DOUBLE - SM144 Dimensions | 1897 x 542 x 1662mm



STEPPER SM136
DIMENSIONS | 1352 X 564 X 1458mm





# FITNESS EQUIPMENT





BENCH PRESS FROM THE CHEST SE101
DIMENSIONS | 1597 X 875 X 1948mm



TRAINER FOR THE GLUTEUS & THIGHS SE104

DIMENSIONS | 1088 X 797 X 1426mm



BENCH PRESS SE101-102 DIMENSIONS | 1587 X 875 X 1948mm



TRAINER FOR THE GLUTEUS & THIGHS SE104-114

DIMENSIONS | 1332 x 797 x 1426mm



THRUST FROM ABOVE SE102
DIMENSIONS | 1578 X 874 X 1848mm



SHOULDER BELT MUSCLE TRAINER SE107
DIMENSIONS | 1233 X 1145 X 1524mm



PRESS LEGS HORIZONTAL SE103
DIMENSIONS | 1777 X 500 X 1548mm



SHOULDER BELT MUSCLE TRAINER SE108

DIMENSIONS | **680 X 845 X 1827mm** 



PRESS SIMULATOR ANATOMICAL SE109
DIMENSIONS | 1280 X 1274 X 553mm



ORBITEK SE116
DIMENSIONS | 1186 X 620 X 1657mm



HOS RIDER SE110 DIMENSIONS | 928 X 725 X 1109mm



AIR ROTATION SE119
DIMENSIONS | 1951 X 387 X 2608mm



TWISTER SE114
DIMENSIONS | 1283 X 1472 X 1353mm



AIR WALKER SE115-T DIMENSIONS | 1071 X 481 X 1518mm



MULTIMAGE SE123
DIMENSIONS | 2317 X 2104 X 1884mm





MULTIMAGE SE123.1

DIMENSIONS | 1685 X 1567 X 1948mm



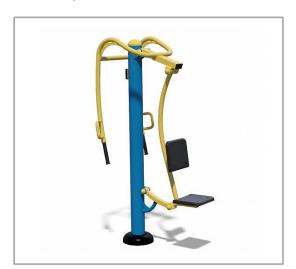
BUTTERFLY SE128
DIMENSIONS | 1547 X 1230 X 2051mm



FOR MUSCLES OF A BICEPS OF SE129
DIMENSIONS | 1593 X 1088 X 998mm



THIGH EXTENSOR SE126
DIMENSIONS | 1510 X 544 X 1076mm



MACHINE LEVER DRAFT OF SE131
DIMENSIONS | 1027 X 875 X 1981mm



HIP EXTENDER STEPPER SE126-136 Dimensions | 1360 x 641 x 1435mm



ROWING MACHINE SE135
DIMENSIONS | 1123 X 824 X 887mm





SE136 STEPPER
DIMENSIONS | 1213 X 553 X 1435mm



THIGH MUSCLE TRAINER SE142
DIMENSIONS | 1177 X 793 X 1358mm



SE139 EXERCISE BIKE DIMENSIONS | 979 X 456 X 1382mm



SE143 TREADMILL
DIMENSIONS | 1514 X 763 X 1548mm



SIMULATOR FOR PRESS SE140 DIMENSIONS | 1083 X 815 X 1564mm



PRESS SITTING FROM A CHEST SE201
DIMENSIONS | 952 X 875 X 1948mm



SKIER SE141-T
DIMENSIONS | 918 X 602 X 1517mm



UPPER THRUST SE202

DIMENSIONS | 942 X 935 X 1948mm





LEG PRESS HORIZONTAL SE203
DIMENSIONS | 1039 X 500 X 1548mm



STEPPER SE236
DIMENSIONS | 843 X 545 X 1435mm



PENDULUM SE204
DIMENSIONS | 694 X 797 X 1426mm



EXERCISE MACHINE FOR MUSCLES OF A THIGH SE242

DIMENSIONS | 738 X 792 X 1358mm



SE226 HIP EXTENSOR
DIMENSIONS | 903 X 540 X 1076mm



BARS SL105 DIMENSIONS | 1740 X 580 X 1550mm



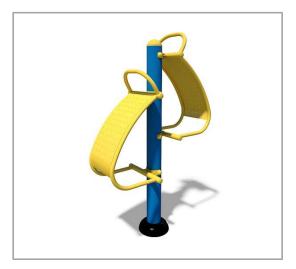
BUTTERFLY SE228
DIMENSIONS | 927 X 1230 X 2051mm



PRESS EXERCISE MACHINE ANATOMIC - SL106

DIMENSIONS | 1300 X 440 X 1070mm





PRESS EXERCISE MACHINE ANATOMIC SL106.1 DIMENSIONS | 849 X 480 X 1983mm



EMPHASIS FOR THE PRESS SL125
DIMENSIONS | 1330 X 720 X 1540mm



HORIZONTAL BAR SL117
DIMENSIONS | 1770 X 1770 X 2550mm



SIMULATOR "HYPEREXTENSION" SL134 Dimensions | 1010 x 690 x 740mm



RUKOKHOD SL118 Dimensions | 680 x 630 x 2650mm



BARS HORIZONTAL SL301
DIMENSIONS | 1567 X 899 X 1428mm



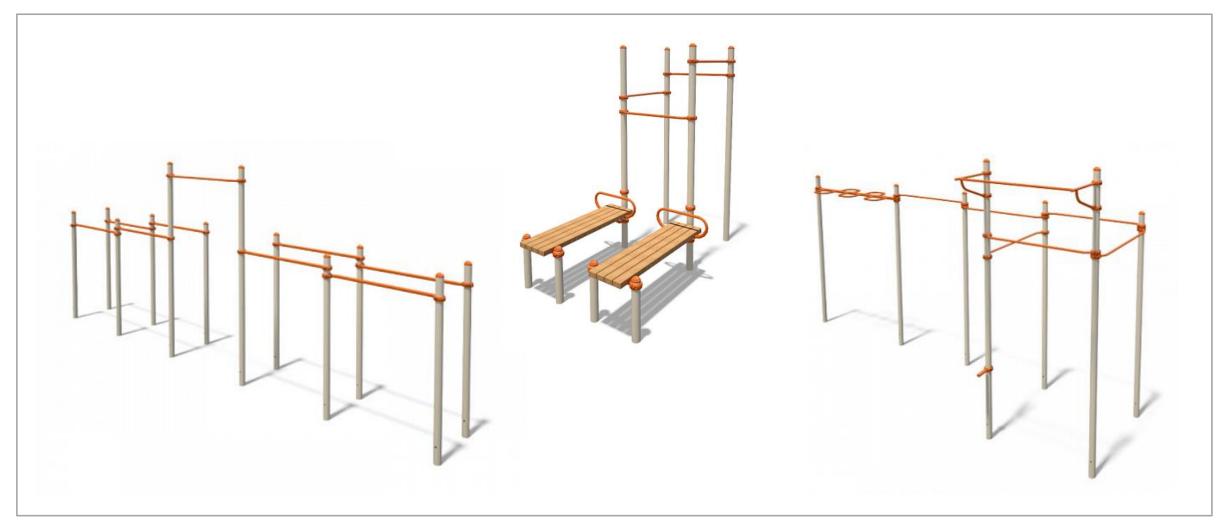
GYMNASTIC MACHINE SL121
DIMENSIONS | 1000 X 1000 X 1280mm





FITNESS EQUIPMENT





# SPORTS COMPLEX - WORKOUT (HORIZONTAL BARS) \$831.1

DIMENSIONS | **7600 X 966 X 2660mm** 

# - SPORTS COMPLEX WITH 2 INCLINED BENCHES \$831.2

DIMENSIONS | 2944 X 2096 X 2705mm

# SPORTS COMPLEX - WITH HORIZONTAL BARS AND HANDRAIL \$831.3

DIMENSIONS | **7400 X 2616 X 3527mm** 



SPORTS COMPLEX - WORKOUT \$831.4

DIMENSIONS | 4862 X 4557 X 4127mm

**SPORTS COMPLEX - WORKOUT S831.5** 

DIMENSIONS | 8038 X 2613 X 3527mm

**SPORTS COMPLEX - WORKOUT S831.6** 

DIMENSIONS | **8712 X 2647 X 3527mm** 





**SPORTS COMPLEX - WORKOUT \$831.7** 

DIMENSIONS | 1442 X 2552 X 2705mm

**SPORTS COMPLEX - WORKOUT S831.8** 

DIMENSIONS | 2192 X 2808 X 2705mm

**SPORTS COMPLEX - WORKOUT \$831.9** 

DIMENSIONS | 5181 X 5580 X 4127mm







SPORTS COMPLEX - WORKOUT \$831.10

DIMENSIONS | 5116 x 1661 x 2705mm

SPORTS COMPLEX - WORKOUT S831.11

DIMENSIONS | 9971 X 1526 X 2705mm







SPORTS COMPLEX - WORKOUT \$831.13

DIMENSIONS | 13530 x 7607 x 4127mm

DIMENSIONS | 7574 X 7530 X 4127mm





FITNESS EQUIPMENT





- MF3.2 STATION
DIMENSIONS | 1230 X 499 X 2526mm



- MF3.3 STATION
DIMENSIONS | 1230 X 490 X 2450mm



- MF3.4 STATION
DIMENSIONS | 3164 X 714 X 2526mm





- MF3.5 STATION
DIMENSIONS | 2477 X 1025 X 2440mm



- MF3.6 STATION
DIMENSIONS | 3259 X 2549 X 2526mm



MULTIFITNESS GYM - MF4.1 STATION
DIMENSIONS | 1316 x 1670 x 2705mm





MULTIFITNESS GYM - MF4.2 STATION
DIMENSIONS | 1820X 1100 X 2705mm

MULTIFITNESS GYM - MF4.3 STATION
DIMENSIONS | 3211 X 2328 X 2705mm

MULTIFITNESS GYM - MF4.4 STATION
DIMENSIONS | 3153 X 3321 X 2705mm





MULTIFITNESS GYM - MF4.5 STATION
DIMENSIONS | 3321 X 3153 X 2761mm



MULTIFITNESS GYM - MF5.1 STATION
DIMENSIONS | 2811 X 1100 X 2705mm



MULTIFITNESS GYM - MF5.2 STATION
DIMENSIONS | 3694 X 2712 X 2705mm

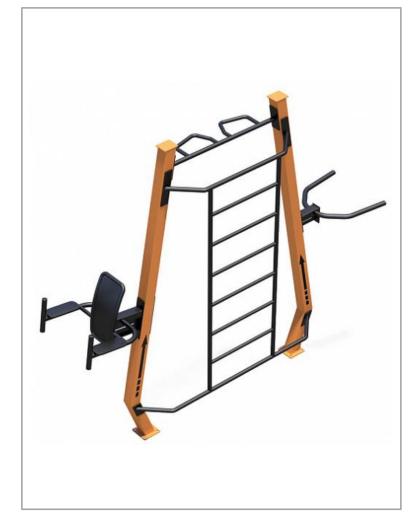




MULTIFITNESS GYM - MF5.3 STATION
DIMENSIONS | 4414 x 3204x 2705mm



MULTIFITNESS GYM - MF5.4 STATION
DIMENSIONS | 4421 x 3890 x 2705mm



- SM800 MINI MULTIFIT STATION
DIMENSIONS | 3058 X 1453 X 2425mm





- SM801 MEDIUM MULTIFITNESS STATION

DIMENSIONS | 4590 X 3664 X 2425mm

- SM802 MAX FITNESS STATION

DIMENSIONS | **5832 X 4926 X 2425mm** 

- SM803 MULTIFITNESS STATION

DIMENSIONS | **5819 X 4775 X 3484mm** 





# FITNESS EQUIPMENT





GYMNASTIC COMPLEX - UT131
DIMENSIONS | 10817 X 10600 X 4000mm





ATHLETIC COMPLEX - UT101
DIMENSIONS | 2070 X 1700X 2430mm



ATHLETIC COMPLEX - UT102
DIMENSIONS | 2650 X 2100 X 2450mm





**CONTAINER GYM** 



















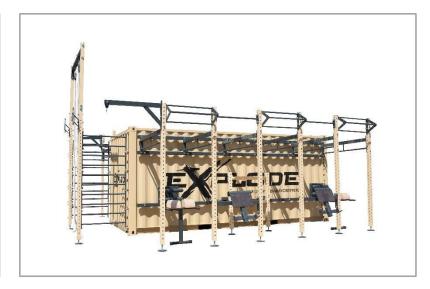


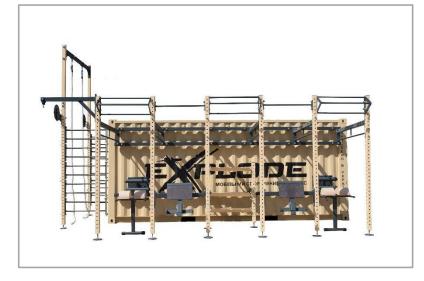






































INDOOR GYM - SERIES BT



# SERIES BT - WEIGHTSTACK

SPECIFICATIONS | The sports equipment has a sleek, modern design, meets all safety requirements of modern programs and styles of training, but also has a very high maintainability.



GYM BT107 THIGH EXTENSOR EXERCISE MACHINE DIMENSIONS | 1190 x 880 x 1650 mm



GYM BT119 CALF EXERCISE MACHINE (in a standing position) DIMENSIONS | 1250 x 735 x 1660 mm



GYM BT122 TRICEPS EXERCISE MACHINE DIMENSIONS | 1370x895x1650 mm



Gym BT111 Hip Curl and Extension (combined) Exercise Machine



Gym BT131 Glutes Exercise Machine (Radial) DIMENSIONS | 1085x979x1650mm



Gym BT133Triceps Exercise Machine (parallel bars) DIMENSIONS | 1030x1000x1650 mm

# SERIES BT - STANDS AND RACKS

**SPECIFICATIONS |** The wear-resistant materials of high quality provide long-term use of the equipment. Has a durable stainless steel design. The rack is equipped with shock-absorbing bearings that prevent slipping. The coating is of powder enamel, electrostatically sprayed.



GYM BT404 DISK RACK (50 mm pins) DIMENSIONS | 1140 x 560 x 1209 mm



GYM BT405M BARBELL RACK (8 barbells)
DIMENSIONS | 778x804x1125 mm



GYM BT406 RACK FOR BARS AND DISKS (25mm) DIMENSIONS | 680 x 660 x 1210mm



GYM BT407M BARBELL RACK (4 bars) Dimensions | 785×1235×1395 mm



GYM BT408 DUMB-BELL RACK (for the set of 9 pairs)
DIMENSIONS | 1536x670x1087 mm



GYM BT409 UNIVERSAL RACK
DIMENSIONS | 1740 x 650 x 1463 mm

# **SERIES BT - FREE WEIGHTS**

**SPECIFICATIONS |** Safety is achieved by supporting platform and a mechanical stopper. Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



GYM BT203 HACK SQUAT MACHINE DIMENSIONS | 1885x1210x1450 mm



GYM BT204 T-ROW EXERCISE MACHINE DIMENSIONS | 1790 x 970 x 1180 mm



GYM BT208 BICEPS EXERCISE MACHINE DIMENSIONS | 1060x860x1040mm



Gym BT209 Triceps Exercise Machine DIMENSIONS | 1250 x 865 x 1170 mm



Gym BT210 Lever Row Exercise Machine DIMENSIONS | 1490x 795 x 1080 mm



Gym BT212 Front Pulldown Exercise
Machine Dimensions | 1470 x 1250 x 2025 mm

# SERIES BT - UNIVERSAL BENCHES

SPECIFICATIONS | The model is upholstered with faux leather of high quality. Is filled with dual-layer foam. It is resilient, making it resistant to shrinkage and not subjected to deformation.



BENCH OF SCOTT INTERATLETIKGYM BT303 DIMENSIONS | 1000x 830 x 1000 mm



SEATED PRESS BENCH BT307 DIMENSIONS | 1000x1200x1590 mm



GYM BT313 ANGLE HYPEREXTENSION EXERCISE MACHINE DIMENSIONS | 1180x 700x 750 mm



GYM BT314 PRESS BENCH (Multifunctional)
DIMENSIONS | 1820 x 670 x 980 mm



GYM BT315 ROMAN CHAIR
DIMENSIONS | 1325x630x1120mm



GYM BT320 REHABILITATION
HYPEREXTENSION EXERCISE MACHINE







INDOOR GYM - SERIES ST



# SERIES ST - WEIGHTSTACK

SPECIFICATIONS | Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



GYM ST106 BICEPS MACHINE DIMENSIONS | 1190 x 880 x 1620 mm



GYM ST107 LEG QUAD EXERCISE Machine Dimensions | 1195 x 880 x 1620 mm



GYM ST116 ABS EXERCISE MACHINE DIMENSIONS | 1240 x 835 x 1620 mm



GYM ST118 BACK MUSCLES EXERCISE MACHINE (combined) DIMENSIONS | 2095 x 710 x 2300 mm



GYM ST120 CALF EXERCISE MACHINE (in a reaching forward position) DIMENSIONS | 1405 x 855 x 1620 mm



GYM ST127 OVERHEAD PRESS EXERCISE Machine Dimensions | 1897 x 1563 x 1820 mm

# SERIES ST - STANDS AND RACKS

**SPECIFICATIONS** I The product does not damage the flooring. The equipment takes up little space and can withstand loads up to 400 kg. The wear-resistant materials of high quality provides long-term operation of the structure. The rack is made of durable stainless steel design. The structure is equipped with shock-absorbing bearings that prevent slipping. The product is covered with powder coating, sprayed electrostatically.



GYM ST404 DISK RACK (50 mm pins) DIMENSIONS | 1140 x 560 x 1209 mm



GYM ST405M BARBELL RACK (8 barbells)
DIMENSIONS | 778x804x1125 mm



GYM ST406 RACK FOR BARS AND DISKS (pins 25mm) DIMENSIONS | 680 x 660 x 1210 mm



GYM ST408 DUMB-BELL RACK (for the set of 9 pairs)
DIMENSIONS | 1536 x 798 x 1087 mm



GYM ST409 UNIVERSAL RACK DIMENSIONS I 1740 x 650 x 1463 mm



GYM ST410.1 RACK WITH A SET OF CHROMED DUMBBELLS DIMENSIONS | 1740×650×1463 mm, 10,4 10 kg)

# SERIES ST - FREE WEIGHTS

**SPECIFICATIONS |** The equipment is supplied with a manual, two disk storages and shock-absorbing bearings which do not require mounting to the floor. Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



GYM ST217 SMITH MACHINE (with counterbalance)
DIMENSIONS | 2095 x 1320 x 2170 mm



GYM ST202.1 LEG PRESS/HACK SQUAT EXERCISE MACHINE DIMENSIONS | 2195 x 1000 x 1450 mm



GYM ST203 HACK SQUAT EXERCISE MACHINE DIMENSIONS | 2170x1210x1450 mm



GYM ST208 BICEPS EXERCISE MACHINE DIMENSIONS | 1060x 860 x 945 mm



GYM ST213 CALF EXERCISE MACHINE (Seated) DIMENSIONS | 1215 x 550 x 960 mm



GYM ST214 BENTOVER CALF EXERCISE
MACHINE DIMENSIONS | 1405 x 850 x 1090 mm

# SERIES ST - UNIVERSAL BENCHES

**SPECIFICATIONS |** The seat is made of multilayer solid plywood. The faux leather used as upholstery is wear resistant and has high durability. The materials and the reliable structure ensures long life of the equipment. The lats are affected the most during the exercises.



GYM ST301 HORIZONTAL BENCH Dimensions | 1200 x 500 x 450 mm



GYM ST302 ADJUSTABLE BENCH Dimensions | 1300 x 630 x 470 mm



GYM ST305 INCLINE PRESS BENCH DIMENSIONS | 1440 x 1230 x 1485 mm



GYM ST315 ROMAN CHAIR Dimensions | 1325 x 630 x 1120 mm



GYM ST319 HORIZONTAL HYPEREXTENSION DIMENSIONS | 1320×630×825 mm



GYM ST320 REHABILITATION
HYPEREXTENSION
DIMENSIONS | 1110x 700x 780 mm







INDOOR GYM - SERIES X

















# SERIES X - WEIGHTSTACK

SPECIFICATIONS | Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



XLINE X117TWISTER EXERCISE MACHINE DIMENSIONS | 1625x1335x1524 mm



XLINE X110 CALF EXERCISE MACHINE (in a seated position) DIMENSIONS | 935x1250x1524 mm



XLINE X105 TRICEPS EXERCISE MACHINE DIMENSIONS | 895x1005x1524 mm



XLINE X124 PECTORAL MUSCLES/BACK DELTS EXERCISE MACHINE DIMENSIONS | 1175 x 1355 x 1824 mm



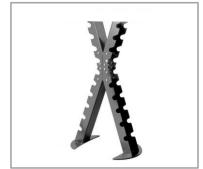
XLINE X122 PEC DECK EXERCISE MACHINE DIMENSIONS | 1510 x 1610 x 1524 mm



XLINE X129 HORIZONTAL PRESS EXERCISE MACHINE DIMENSIONS | 1780x1410x1524 mm

### SERIES X - STANDS AND RACKS

**SPECIFICATIONS |** The sports gear is equipped with a strong steel frame. The design provides a compact dumbbell fixation. The rack has a stable and thought out design, which provides a comfortable height for the beginners. The sports equipment is covered with powder enamel, with electrostatic spraying.



XLINE X403 DUMBBELL RACK (0,5 - 10 kg) DIMENSIONS | 605x400x1157 mm



XLINE X404 DISC RACK (pins of 50 mm diameter) DIMENSIONS | 965 x 680 x 1150 mm



XLINE X309 SQUAT RACK DIMENSIONS | 1314x1640x1682 mm



XLINE X410 RACK A CHROME-PLASTIC DUMBBELL SET (0,5 - 10 kg) DIMENSIONS | 605x400x1157 mm



XLINE X407M BARBELL RACK (for 4 barbells)
DIMENSIONS | 1250x800x1490 mm



XLINE X316 SQUAT RACK DIMENSIONS | 1640x1635x2300 mm

# SERIES X - FREE WEIGHTS

SPECIFICATIONS | Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



XLINE X213 CALF EXERCISE MACHINE (seated) DIMENSIONS | 1415x805x944 mm



XLINE X204 T-BAR ROW EXERCISE MACHINE DIMENSIONS | 2062×938×1200 mm



XLINE X209 TRICEPS EXERCISE MACHINE DIMENSIONS | 1338x890x1208 mm



XLINE X221 DECLINE PRESS EXERCISE MACHINE DIMENSIONS | 1905x1155x1665 mm



XLINE LEG PRESS UPWARDS X202B DIMENSIONS | 1360x1705x1630 mm



XLINE X205 OVERHEAD PRESS EXERCISE MACHINE DIMENSIONS | 1860x1155x1190 mm

## SERIES X - UNIVERSAL BENCHES

**SPECIFICATIONS |** Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying). A two-layer polyurethane foam that is resistant to shrinkage and does not undergo deformation is used as a filler. The structure is painted with powder paint, electrostatically sprayed.



X-LINE X305 INCLINE PRESS BENCH DIMENSIONS | 2020 x 1670 x 1564 mm



X-LINE X302 ADJUSTABLE BENCH DIMENSIONS | 1405×805×448 mm



X-LINE X324 REVERSE HYPEREXTENSION DIMENSIONS | 995 x 1060 x 985 mm



X-LINE X307 PRESS BENCH (Seated) DIMENSIONS | 1300 x 1670 x 1725 mm



X-LINE X319 HORIZONTAL Hyperextension Dimensions | 1950 x 805 x 969 mm



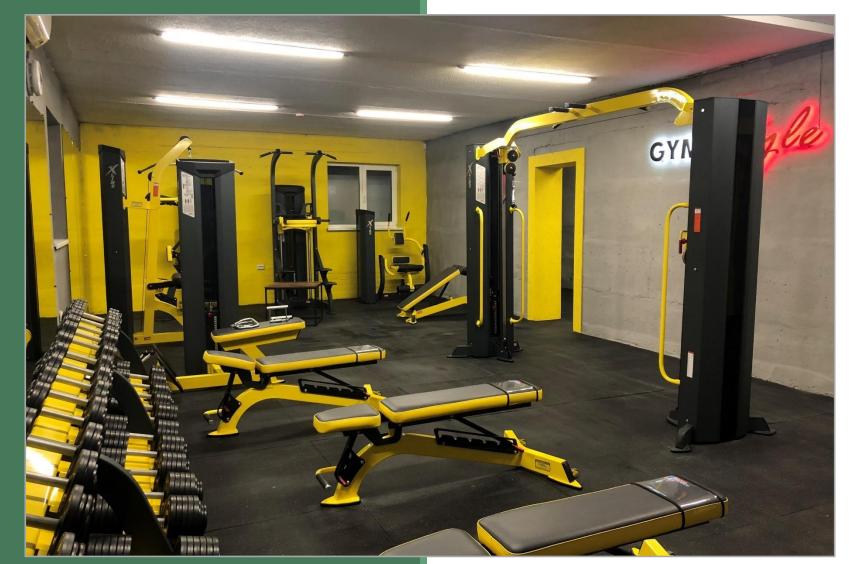






INDOOR GYM - SERIES XR









INDOOR GYM - SERIES XR



# SERIES XR - WEIGHTSTACK

SPECIFICATIONS | Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



XLINE XR127 OVERHEAD PRESS EXERCISE MACHINE DIMENSIONS | 1810x1421x1572 mm



XLINE XR110 CALF EXERCISE MACHINE DIMENSIONS | 1266 x 951 x 1572 mm



XR119 CALF EXERCISE MACHINE (in a standing position) DIMENSIONS | 1285 x 989 x 1750 mm



XLINE XR112 LEVER ROW EXERCISE MACHINE DIMENSIONS | 1458 x 121 x 1956 mm



XLINE XR124.1 PECTORAL / DELTOID FLY (150 kg Weight Stack) DIMENSIONS | 1174x1365x1955 mm



XLINE XR125 MULTIFUNCTIONAL EXERCISE MACHINE (with weight reducing option) DIMENSIONS | 1420x750x2433 mm

# SERIES XR - STANDS AND RACKS

**SPECIFICATIONS |** The design is equipped with cushion bearings, which do not require fixation to the floor and eliminate slipping. The exerciser is equipped with a reinforced stainless steel construction. The sports equipment is made of wear-resistant high quality parts.



XLINE XR404 DISC RACK (pins Ø50 mm) DIMENSIONS | 1029x713x1018 mm



XLINE XR309 SQUAT RACK
DIMENSIONS | 1314x1640x1682 mm



XLINE XR4O3 DUMBBELLS RACK (for 0,5 -10 kg) Dimensions | 605x400x1164 mm



XLINE XR405 DUMBBELLS RACK (for a set of 5)
DIMENSIONS | 1514x705x780 mm



XLINE XR316 SQUAT RACK DIMENSIONS | 1640x1635x2300 mm



XLINE XR407M BARBELLS RACK (for a set of 4)
DIMENSIONS | 1240x837x1501 mm

# SERIES XR - FREE WEIGHTS

SPECIFICATIONS | Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



XLINE XR204T-BAR ROW EXERCISE MACHINE DIMENSIONS | 2062×938×1200 mm



XLINE XR210 PULLEY ROW EXERCISE MACHINE DIMENSIONS | 1671x1081x1196 mm



XLINE XR218 THIGH EXTENSOR EXERCISE MACHINE
DIMENSIONS | 1230x1284x1130mm



LAT PULL DOWN XLINE XR211 DIMENSIONS | 1680x1150x1976 mm



XLINE XR203 HACK SQUAT EXERCISE MACHINE DIMENSIONS | 2328x1212x1491 mm



XLINE XR202 LEG PRESS EXERCISE MACHINE (45 degrees) DIMENSIONS | 2476x1212x1493 mm

# SERIES XR - UNIVERSAL BENCHES

**SPECIFICATIONS** | The exerciser is equipped with a reinforced stainless steel construction. The bench is made of wear-resistant parts of high quality. The exerciser is equipped with a seat, which is made of multilayer plywood.



X-LINE R XR302 ADJUSTABLE BENCH DIMENSIONS | 1391 x 822 x 466 mm



X-LINE R XR303M SCOTT BENCH DIMENSIONS | 1235 x 876 x 876 mm



X-LINE R XR319 HORIZONTAL Hyperextension Dimensions | 1646 x 822 x 981 mm



X-LINE R XR324 REVERSE HYPEREXTENSION DIMENSIONS | 1020 x 1062 x 985 mm

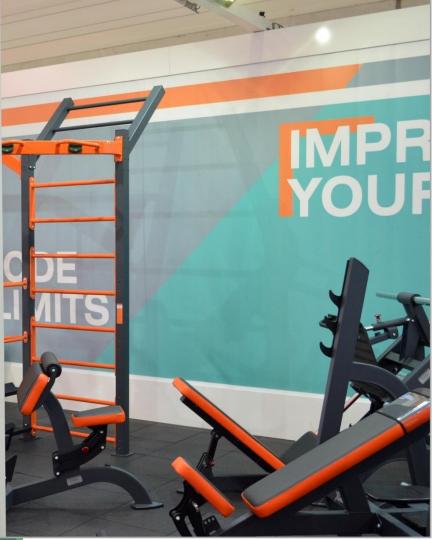


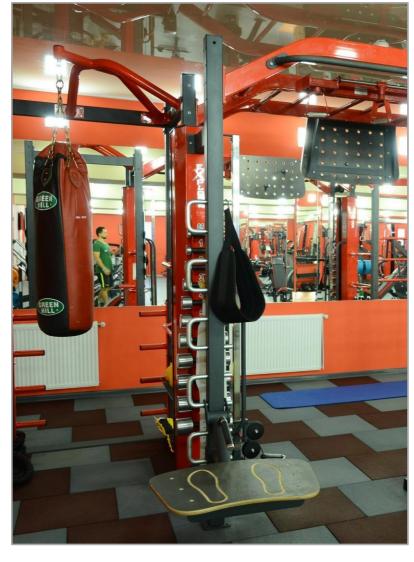
X-LINE R XR323 FRENCH PRESS BENCH DIMENSIONS | 1550 x 756 x 1250 mm



X-LINE R XR307 PRESS BENCH (SEATED) DIMENSIONS | 1314x1640x1682 mm







**INDOOR GYM** 



# SERIES NRG - WEIGHTSTACK

**SPECIFICATIONS |** The exerciser is equipped with an easy start option. Height adjustment of seat and backrest make it possible to optimally seta simulator for the proper and comfortable training. Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).



NRG N119 LEVER ROW EXERCISE MACHINE DIMENSIONS | 1267x1075x1555 mm



NRG N108 ABDUCTOR EXERCISE EXERCISE MACHINE
DIMENSIONS | 1475x805x1555 mm



NRG N122 TWISTER EXERCISE MACHINE DIMENSIONS | 1340x1015x1555 mm



NRG N120 MULTIFUNCTIONAL EXERCISE MACHINE (with weight reducing option) DIMENSIONS | 1275x1245x2420mm



NRG N106 CROSS OVER CABLE MACHINE DIMENSIONS | 2945x740x2350 mm



NRG N102 PULLEY RAW EXERCISE MACHINE DIMENSIONS | 1925x920x2025 mm

### SERIES NRG - STANDS AND RACKS

**SPECIFICATIONS |** The design has a modern design and multifunctionality. The rack is coated with powdered enamel with electrostatic spraying.



NRG N306 DISK RACK DIMENSIONS | 820x710x1380mm



NRG N302 DISC RACK (50 mm holders) DIMENSIONS | 1103x1103x1106 mm



NRG N303 BARS RACK (for 4 bars) DIMENSIONS | 900x710x1365 mm

# SERIES NRG - FREE WEIGHTS

**SPECIFICATIONS** The structure of the exercise machine ensures maximum load on the quadriceps and allows to work precisely on the lower part of the body.



NRG N211 SMITH EXERCISE MACHINE DIMENSIONS | 1139×2092×2322 mm



NRG N214 LEG PRESS EXERCISE MACHINE DIMENSIONS |  $2210 \times 1000 \times 1450$  mm



# SERIES NRG - UNIVERSAL BENCHES

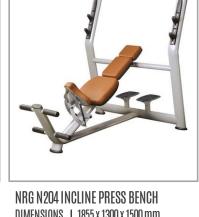
**SPECIFICATIONS** | The design is equipped with shock-absorbing thrusts, which do not require fixation to the floor. The pneumatic spring is used to facilitate the adjustment of the seats. The exercise machine is made of reinforced stainless steel construction. The sports equipment has high-quality wear-resistant parts.



NRG N206 SCOTT BENCH DIMENSIONS | 930 x 850 x 980 mm



NRG N202 ADJUSTABLE BENCH DIMENSIONS | 1240x620x530 mm



DIMENSIONS | 1855 x 1300 x 1500 mm



NRG N201 HORIZONTAL BENCH DIMENSIONS | 1450x620x450 mm



NRG N213 OVERHEAD PRESS BENCH (without a rack) DIMENSIONS |  $1100 \times 615 \times 1155 \text{ mm}$ 



NRG N203 HORIZONTAL PRESS BENCH DIMENSIONS | 1365 x 1300 x 1280 mm

# SERIES NRG - TURNSTILES AND BARS

**SPECIFICATIONS** | The exerciser is designed for all the basic types of strength exercises. **Purpose:** strengthening of hand, pectoral and torso muscles.

upholstery: high-quality faux leather; filler: two-layer polyurethane foam, resistant to shrinkage and deformation; paintwork: powder enamel (electrostatic spraying).



NRG N209.1 PARALLEL BARS - ABS RACK DIMENSIONS | 1025 x 850 x 1760 mm



NRG N209 MULTIFUNCTIONAL RACK DIMENSIONS | 1245 x 1080 x 2440 mm









# **INDOOR GYM**









**INDOOR GYM** 



# SERIES V - UNIVERSAL BENCHES SPECIFICATIONS | The features of the adjustable bench: reinforced steel structure; adjustable angle; multilayer plywood seat; wear resistant details.



VERTI V302 ADJUSTABLE BENCH DIMENSIONS | 1384×770×482 mm



VERTI V303 PREACHER CURL BENCH DIMENSIONS | 1000x802x990 mm



VERTI V304 HORIZONTAL WEIGHT BENCH DIMENSIONS | 1945×1690×1274 mm



VERTI V307 WEIGHT BENCH (Seated)
DIMENSIONS | 1270x1690x1722 mm



- V224 REVERSE HYPEREXTENSION DIMENSIONS | 1140x1520x1270 mm



VERTI V305 INCLINE PRESS BENCH UPWARDS DIMENSIONS | 2154x1690x1565 mm

# **SERIES V - FREE WEIGHTS**





VERTI V210 LEVER ROW EXERCISE MACHINE DIMENSIONS | 1346×1380×1096 mm



VERTI V204 GLUTE EXERCISE MACHINE DIMENSIONS | 2026x1441x1124 mm



TRACTION FOR TRAPEZIUS MUSCLES -V220 DIMENSIONS | 1835x1583x732 mm



VERTI V211 LAT PULL DOWN EXERCISE MACHINE DIMENSIONS | 1737x1441x2207 mm



VERTI V207 HORIZONTAL PRESS DIMENSIONS | 1264×1870×1892 mm



VERTI V202 ANGLE LEG PRESS EXERCISE MACHINE DIMENSIONS | 2353×1852×1574 mm

# SERIES V - BENCHES AND RACKS





VERTI V404 DISK HOLDER DIMENSIONS | 1031×1341×1176 mm

VERTI V316 SQUAT RACK DIMENSIONS | 1493x1590x2230 mm

**SPECIFICATIONS |** The disk holder's beneficial features are: reliable frame and durable structure; comfortable disk storage; significant saving of space; powder paint coating.



# TURNSTILES AND BARS

### SERIES BT - TURNSTILES AND BARS







Upholstery: high quality PU leather. Filler: double layer foam, shrink resistant, resistant to deformation. Painting: powder enamel (electrostatic spraying).

construction;

**SPECIFICATIONS |** The equipment has heavy-

bearings that prevent slipping and do not require mounting to the floor. The backrest of

the exercise machine is made of plywood.

**SPECIFICATIONS |** The multifunctional rack is

designed for working with several muscle

all parts are of high quality and durable;

multilayer plywood backrest; paintwork: powder enamel (electrostatic spraying).

groups, reinforced stainless steel

duty design that is made of stainless steel. The trainer is equipped with shock-absorbing

GYM BT312.1 PARALLEL BARS FOR ABS RACK DIMENSIONS | 1148 x 1150 x 2430 mm

### SERIES X - TURNSTILES AND BARS







X-LINE X312 MULTIFUNCTIONAL RACK X-LINE X312.1 PARALLEL BARS - ABS RACK

## SERIES ST - TURNSTILES AND BARS



ST312.1 PARALELL BARS-ABS RACK DIMENSIONS | 1148 x 840 x 1657 mm



ST312 MULTIFUNCTIONAL RACK DIMENSIONS | 1148 x 1150 x 2430 mm

## **SPECIFICATIONS** | The structure equipped with shock-absorbing bearings that do not require mounting to the ground. upholstery: high quality PU leather.

filler: double layer foam, shrink resistant, resistant to deformation. painting: powder enamel (electrostatic spraying).

### SERIES XR - TURNSTILES AND BARS



X-LINE XR312.1 SUPPORT BEAMS-**PRESS** DIMENSIONS I 1075 x 800 x 1670 mm



X-LINE XR312 MULTIFUNCTIONAL DIMENSIONS | 1276 x 1078 x 2456 mm

SPECIFICATIONS | \* Handles, bars, weight plates, dumbbells are not included\* Combined machine. Reinforced stainless steel construction. & Nbsp;

All parts are high-quality and wear-resistant. & Nbsp; Back from multilayer plywood. & Nbsp; Coloring: & nbsp; powder enamel (electrostatic spraying).











# FITNESS & GYM EQUIPMENT

# MODERN GARDENS FOR GARDENS EQUIPMENT TRADING LLC

PO Box 128619 Abu Dhabi UAE | Tel +971 2 650 8039 | Fax +971 2 673 5995 Email moderngardens@gmail.com | marketing.moderngardens@gmail.com

P.O Box No.11169 Manama, Kingdom of Bahrain Mobile +973 66628877 | Email bahrain.moderngardens@gmail.com

Website moderngardensuae.com