



**APUS  
STRENGTH**

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STRENGTH**

**PRECISION-BUILT EQUIPMENT**

# APUS STRENGTH

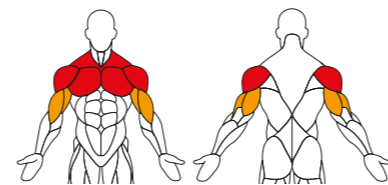
***BUILT FOR POWER.  
DESIGNED FOR RESULTS.***

APUS is a fitness brand with over fifteen years of experience in designing and manufacturing equipment for gyms, training clubs and professional sports facilities. The portfolio includes advanced machines from the CARDIO and STRENGTH lines, as well as a wide range of high-quality fitness accessories.

Every APUS product is created with a strong focus on functionality, durability and modern design. The equipment is engineered to meet the demands of intensive daily use while complementing the contemporary aesthetics of today's fitness spaces. By continuously developing its range, APUS responds to the evolving needs of the fitness market and people committed to an active lifestyle.

The mission of APUS is to deliver equipment that helps create inspiring, functional and comfortable training environments – places where individuals can build strength, improve their health and pursue their personal fitness goals.





SA003

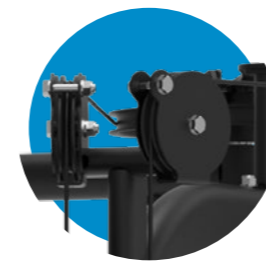
## ***PECTORAL FLY/ REAR DELTOID***

**WEIGHT STACK: 125 KG**

Dimensions: L: 137 cm, W: 130 cm, H: 202 cm

Net weight: 151 kg, Gross weight: 164 kg

This high-end, dual-function machine is designed for effective training of the pectoral and rear deltoid muscles. The multi-position arm adjustment system and dual-handle design allow seamless transitions between chest and posterior deltoid exercises. A five-position adjustable seat ensures a bespoke fit for users of varying statures, while the precisely balanced resistance system delivers smooth motion and complete workout comfort.



**RELIABLE MECHANICS  
CONTROLLED MOTION**



**TWO GRIP OPTIONS  
VERSATILE WORKOUT**

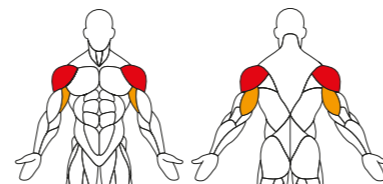


SA004

# SHOULDER PRESS

**WEIGHT STACK: 125 KG**

Dimensions: L: 153 cm, W: 137 cm, H: 158 cm  
Net weight: 132 kg, Gross weight: 145 kg



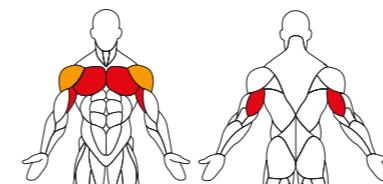
Engineered for precision and performance, this professional shoulder press machine delivers an isolated, controlled movement for effective deltoid development. The dual-handle system replicates the natural motion path of the shoulder joint, ensuring stability and comfort throughout every repetition. With a five-level adjustable seat and carefully balanced resistance, the machine provides a smooth and efficient workout experience for users of all abilities.

SA035

# ISO CHEST PRESS

**WEIGHT STACK: 125 KG**

Dimensions: L: 136 cm, W: 150 cm, H: 158 cm  
Net weight: 151 kg, Gross weight: 165 kg



The Iso Chest Press represents the pinnacle of selectorised chest training machines. Its reinforced steel frame and precision cable system deliver consistent resistance and smooth motion throughout the entire range of exercise. The multi-grip handle system allows for both wide and narrow presses at varying angles – from horizontal to vertical – ensuring complete activation of the pectoral muscles.

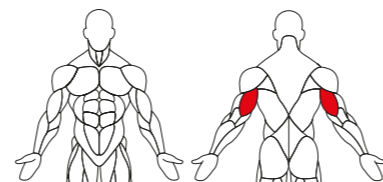
The independent arm design provides separate movement paths for each side, mirroring the natural biomechanics of the chest muscles. The ergonomically contoured backrest, featuring three adjustable positions, promotes proper posture, a full range of motion, and minimises shoulder joint strain.

SA007

# TRICEPS PRESS

**WEIGHT STACK: 125 KG**

Dimensions: L: 164 cm, W: 120 cm, H: 158 cm  
Net weight: 142 kg, Gross weight: 157 kg



This professional triceps machine is designed to deliver an effective and comfortable upper-body workout. The adjustable rotating handles allow you to easily change positions, enabling training for both the triceps and the lower chest.

With five seat adjustment levels, the machine can be quickly tailored to suit users of all sizes, ensuring proper positioning, enhanced comfort and a smooth, controlled workout experience.

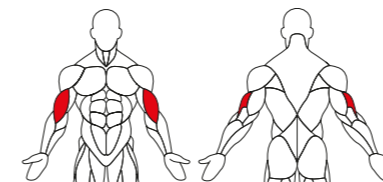


SA006

# BICEPS CURL

**WEIGHT STACK: 125 KG**

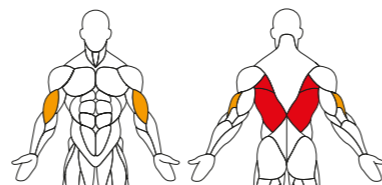
Dimensions: L: 128 cm, W: 108 cm, H: 158 cm  
Net weight: 115 kg, Gross weight: 124 kg



This professional biceps curl machine is designed to keep the focus exactly where it matters – on your arm muscles – helping you build strength and achieve clearly defined results. The dual-handle design works both the biceps and the brachialis, supporting more complete and balanced arm development.

The specially angled arm pad helps minimise shoulder involvement, ensuring each repetition is more effective and precisely targeted. With five seat adjustment levels, the machine can be easily tailored to suit users of all sizes, providing comfort, proper positioning and a smooth training experience.





SA058

# ISO-LATERAL LAT PULLDOWN

**WEIGHT STACK: 125 KG**

Dimensions: L: 156 cm, W: 122 cm, H: 216 cm  
Net weight: 140 kg, Gross weight: 169 kg

A professional machine designed for latissimus dorsi training with independent arm movement. The iso-lateral design allows each side of the body to work separately, supporting balanced strength development and improved muscle symmetry.

The adjustable seat and thigh support stabilise the body during exercise, while the smooth resistance system provides controlled movement and a high level of comfort.



**STABLE SEAT WITH  
A SECURE HOLD**



**ENHANCED GRIP,  
MAXIMUM STABILITY**

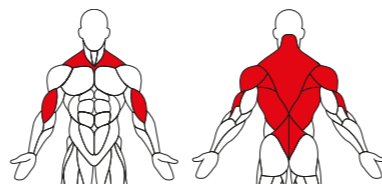


SA005

## SEATED LOW ROW

**WEIGHT STACK: 125 KG**

Dimensions: L: 126 cm, W: 141 cm, H: 158 cm  
Net weight: 106 kg, Gross weight: 117 kg



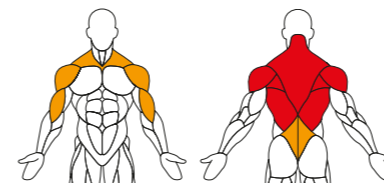
The Seated Low Row machine has been designed for precise and balanced development of the back muscles. The dual-handle system enables targeted activation of various muscle groups – from the latissimus dorsi to the trapezius and rhomboids. A five-level seat height adjustment and a ten-level chest pad adjustment allow users of all heights to maintain correct posture, achieve a full range of motion and experience maximum comfort throughout the workout.

SA026

## LAT PULLDOWN/ SEATED ROW

**WEIGHT STACK: 125 KG**

Dimensions: L: 199 cm, W: 124 cm, H: 224 cm  
Net weight: 140 kg, Gross weight: 159 kg



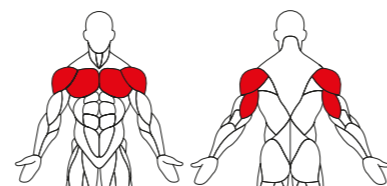
The Lat Pulldown / Seated Row is a versatile dual-function machine designed for comprehensive training of the upper and mid-back muscles. Interchangeable handles allow for multiple grip variations, enabling precise targeting of specific muscle groups. The extended seat ensures optimal pre-stretch and tension range during rowing movements. Smooth motion and controlled resistance make this professional machine ideal for maximising muscle engagement and back development.

SA029

# MULTI PRESS

**WEIGHT STACK: 125 KG**

Dimensions: L: 195 cm, W: 150 cm, H: 158 cm  
Net weight: 155 kg, Gross weight: 176 kg



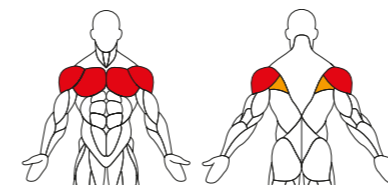
A leader among upper body pressing machines – the Multi Press. This versatile piece of equipment enables a comprehensive workout for the chest, shoulders, and triceps. The adjustable seat and arm system allow smooth transitions between exercises. Combining ergonomic comfort with a controlled range of motion, it is the perfect choice for anyone looking to increase upper body strength and muscle definition.

SA054

# STANDING MULTI FLIGHT

**WEIGHT STACK: 100 KG**

Dimensions: L: 140 cm, W: 102 cm, H: 183 cm  
Net weight: 186 kg, Gross weight: 221 kg



The Standing Multi Flight is a sophisticated, multi-functional upper-body trainer designed to enhance pectoral and deltoid development through a wide range of fly movements. Its precision linear guide and smooth pulley system ensure stable, fluid motion for optimal biomechanics and training results.

A wide range of adjustments enables smooth transitions between horizontal, incline and decline fly exercises, ensuring full muscle activation throughout the entire range of motion. The self-adjusting handle mechanism adapts automatically to different arm lengths and stance widths, supporting correct posture and efficient force application.

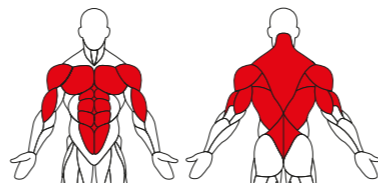


SA008

# ASSISTED CHIN/DIP

**WEIGHT STACK: 125 KG**

Dimensions: L: 171 cm, W: 125 cm, H: 214 cm  
Net weight: 177 kg, Gross weight: 197 kg



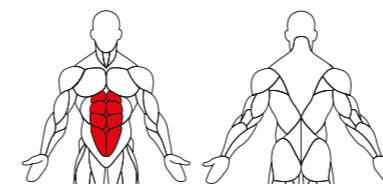
The Assisted Chin / Dip is a premium dual-function machine designed to enhance upper body strength. Its extendable knee support system accurately replicates the natural movement patterns of bodyweight training, ensuring smooth and biomechanically correct motion. The machine enables a wide variety of exercises, including four pull-up variations, leg raises, and parallel bar dips. The precisely calibrated weight stack allows users to adjust resistance levels to suit any fitness level or strength capability.

SA027

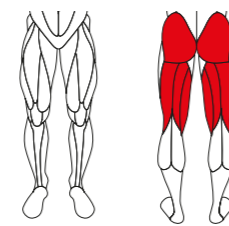
# ABDOMINAL

**WEIGHT STACK: 125 KG**

Dimensions: L: 101 cm, W: 143 cm, H: 158 cm  
Net weight: 155 kg, Gross weight: 177 kg



This advanced abdominal machine features a unique, arc-shaped movement path perfectly aligned with the natural curvature of the spine, allowing for safe and effective engagement of the deep core muscles. Its innovative design reduces pressure on the lower back while maximising abdominal tension throughout the full range of motion. Ergonomically contoured shoulder pads ensure exceptional comfort, even during extended training sessions.



SA045

# HIP THRUSTER

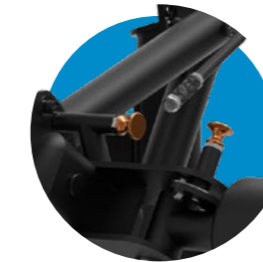
**WEIGHT STACK: 125 KG**

Dimensions: L: 136 cm, W: 169 cm, H: 158 cm  
Net weight: 150 kg, Gross weight: 167 kg

The Hip Thruster is a selectorised machine specifically engineered for targeted gluteal muscle development. A comprehensive triple-adjustment system – featuring four arm angle settings, five pad positions, and two bar inclinations – allows for a perfect fit to any body type. The smooth pulley mechanism ensures stable movement and controlled resistance, delivering effective muscle engagement with every repetition. The motion path has been biomechanically designed to replicate the natural trajectory of hip extension, aligning with the anatomical curvature of the hip joint to enhance both fluidity and training efficiency.



**COMFORTABLE  
USER ADJUSTMENT**



**INDIVIDUALLY  
ADJUSTABLE PARTS**



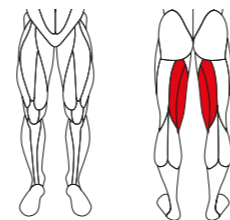


SA013

## LEG CURL

**WEIGHT STACK: 125 KG**

Dimensions: L: 151 cm, W: 110 cm, H: 158 cm  
Net weight: 148 kg, Gross weight: 169 kg



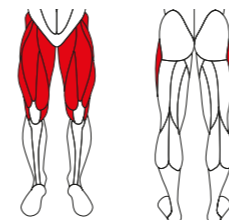
This advanced leg curl machine is designed to isolate and strengthen the hamstrings, enhancing lower body strength and stability. The innovative pivot mechanism and multi-position adjustment system ensure optimal ergonomics and muscle engagement for every user. The precisely calibrated resistance system maintains consistent load throughout the movement, delivering both comfort and challenge regardless of strength level.

SA014

## LEG EXTENSION

**WEIGHT STACK: 125 KG**

Dimensions: L: 118 cm, W: 125 cm, H: 158 cm  
Net weight: 135 kg, Gross weight: 160 kg



This professional leg extension machine has been engineered with utmost precision to strengthen and define the quadriceps with maximum comfort and control. The pivot mechanism and multi-position adjustment system allow perfect alignment with the user's anatomy, ensuring effective muscle activation and a natural range of motion. The balanced resistance system provides smooth tension throughout the entire movement, making every workout both safe and effective.

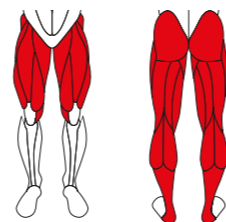


SA037

# LEG CURL/ EXTENSION

**WEIGHT STACK: 125 KG**

Dimensions: L: 110 cm, W: 139 cm, H: 157 cm  
Net weight: 169 kg, Gross weight: 184 kg



The Leg Curl / Extension is a dual-function leg machine designed for both seated leg extension and leg curl exercises. With a wide range of adjustments, it can be easily adapted to suit different body types, ensuring comfort and proper positioning throughout the workout.

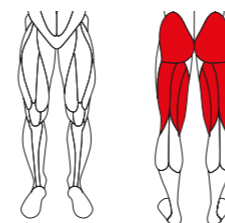
The stable seat and adjustable components provide smooth, controlled movement, while additional side handles enhance stability during more demanding sets, helping users maintain correct form and full control of each repetition.

SA032

# GLUTE

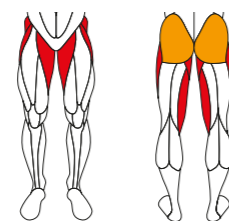
**WEIGHT STACK: 125 KG**

Dimensions: L: 116 cm, W: 149 cm, H: 157 cm  
Net weight: 135 kg, Gross weight: 156 kg



This glute training machine is designed to provide a stable and effective bent-over kickback workout. The tubular footplate offers excellent footing and stability during setup, while the arm pads and support handles help to stabilise the body, increasing glute muscle engagement. The robust frame construction ensures stability throughout the entire training session.





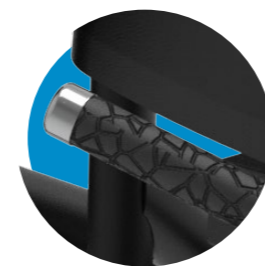
SA020

## HIP ABDUCTION/ ADDUCTION

**WEIGHT STACK: 125 KG**

Dimensions: L: 164 cm, W: 75 cm, H: 158 cm  
Net weight: 145 kg, Gross weight: 161 kg

The professional abductor and adductor machine provides an exceptionally effective workout for the inner thighs and gluteal muscles. The arc-shaped movement replicates the natural biomechanics of the hip joint, ensuring smoothness and control throughout each exercise. The quick-adjustment system allows effortless switching between modes, while the precisely balanced resistance system delivers consistent, comfortable tension for maximum muscle activation and outstanding training results.



**A GRIP-SECURE  
SURFACE**



**ADJUSTABLE  
SEAT SYSTEM**



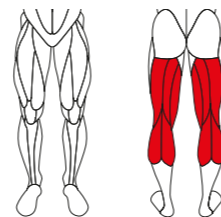


SA015

# PRONE LEG CURL

**WEIGHT STACK: 125 KG**

Dimensions: L: 175 cm, W: 128 cm, H: 178 cm  
Net weight: 154 kg, Gross weight: 174 kg



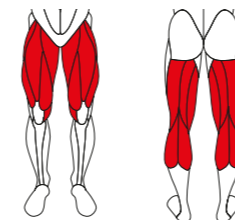
This advanced lying leg curl machine is designed to maximise hamstring engagement while minimising lower back strain. Developed through extensive biomechanical research, the optimised hip flexion angle enhances muscle activation and reduces pressure on the lumbar region. The innovative multi-position adjustment system and precise pivot mechanism ensure perfect alignment and a natural range of motion, delivering maximum comfort and training effectiveness.

SA031

# LEG EXTENSION/ PRONE LEG CURL

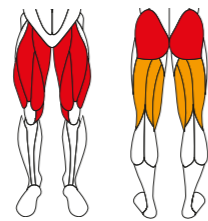
**WEIGHT STACK: 125 KG**

Dimensions: L: 157 cm, W: 114 cm, H: 158 cm  
Net weight: 128 kg, Gross weight: 144 kg



This versatile dual-function lower body machine combines leg extension and leg curl exercises in one compact design. The ergonomically aligned pivot system and versatile adjustment options ensure biomechanically correct movement for every user. With dual handles and a precisely tuned resistance system, the machine provides an exceptional balance between training effectiveness and comfort.





SA040

## LEG PRESS/ HACK SQUAT

**WEIGHT STACK: 125 KG**

Dimensions: L: 199 cm, W: 103 cm, H: 180 cm

Net weight: 228 kg, Gross weight: 273 kg

The Leg Press / Hack squat is a premium dual-function strength machine, purpose-built for comprehensive lower-body development. It combines a precision-engineered linear guide with a smooth pulley system to deliver perfectly controlled, fluid motion. The adjustable dual-position backrest allows users to perform both seated leg press and hack squat variations, offering versatility for strength building, muscle conditioning, and rehabilitation programmes.



**MULTIPLE  
WAYS TO TRAIN**



**EASY ADJUSTABLE  
DUAL-POSITION**



The image shows a modern gym interior with two APUS strength machines. The background wall features the 'APUS STRENGTH' logo in a glowing blue font. The machines are black with blue accents and are positioned on a polished floor. The lighting is dramatic, with blue tones and spotlights.

# APUS STRENGTH

**APUS**

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APUS