

TUFFSTUFF FITNESS INTERNATIONAL



SIX-PAK TRAINER

CABLE MOTION TECHNOLOGY

Six-Pak Trainer...changing th



SPT-6X



SPT-

Traditional Cable Movements



Abdominal Crunch



Chest Fly



Outer Thigh



Ball Alternating Press



Ball Mid Row

Stability Ball Training

the shape of strength training!



6B



SPT-7

Sports Specific Movements



Baseball Swing



Golf Swing



Forward Facing Swan



Kayak Row



Offer-Up

Pilates-Style Movements

SPT-6X

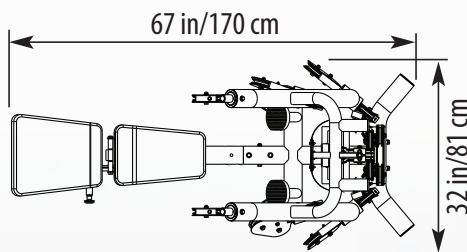
SIX-PAK TRAINER

- The original, patented #1 selling Six-Pak Trainer.
- Compact, space efficient European-style design cable motion technology.
- 3" round 11-gauge tubular steel with a combination of 2x3" oval tubing and 2" round tubing.
- Two-tone powder coat finish – Platinum Sparkle and Ebony Chrome.
- Durable high density pads upholstered in black premium grade naugahyde.
- .094" USA-Made/Certified EXERFLEX PRO 1000 lbs. high performance fitness cable.
- 200 lbs. steel weight plates.

LIFETIME WARRANTY – Lifetime on everything to the original purchaser when used only in a HOME environment, applies to defects from manufacturer only.



Unique 360° rotating bench easily adjusts to flat position.



HT: 80 in/203 cm WT: 480 lb/218 kg



Quickly perform dozens of exercises and fitness routines without making any adjustments.



High Pulley Station



Mid Pulley Station



Low Pulley Station



High-Low Combinations



Optional Accessories

SPT-6B

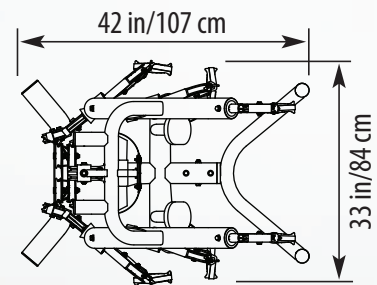
BASE SIX-PAK TRAINER

- SPT-6X main frame combined V-shaped support designed to provide access for most size stability balls and benches.
- Open frame, allows unlimited full body training utilizing stability balls, balance boards, Bosu trainers, benches and ground based movements.
- 150 lbs. steel weight plates. (optional 200 lbs.)

LIFETIME WARRANTY – Lifetime on everything to the original purchaser when used only in a HOME environment, applies to defects from manufacturer only.



(Stability ball as shown is not included)



Height: 80 in/203 cm Weight: 400 lb/181 kg

6 pre-set pulleys optimally positioned in three training zones, deliver dozens of full body exercises.



High Pulley Station



Mid Pulley Station



Low Pulley Station



Stability Ball Workout



Customize Your Workout

SPT-7

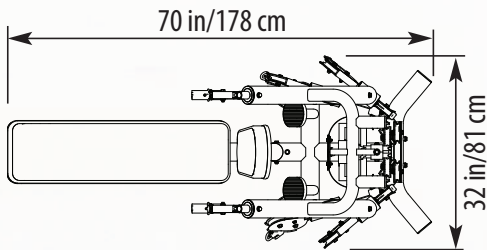
LIGHT COMMERCIAL

- Free standing ultra compact cable motion technology with fixed extra long seat bench allows for various bench exercises.
- Ideal for hotels/motels, apartment complexes, personal training studios, fire & police stations and any facility that is not used by more than 30 people per day.
- Two-tone “tuck-n-roll” upholstery.
- 200 lbs. steel weight plates.

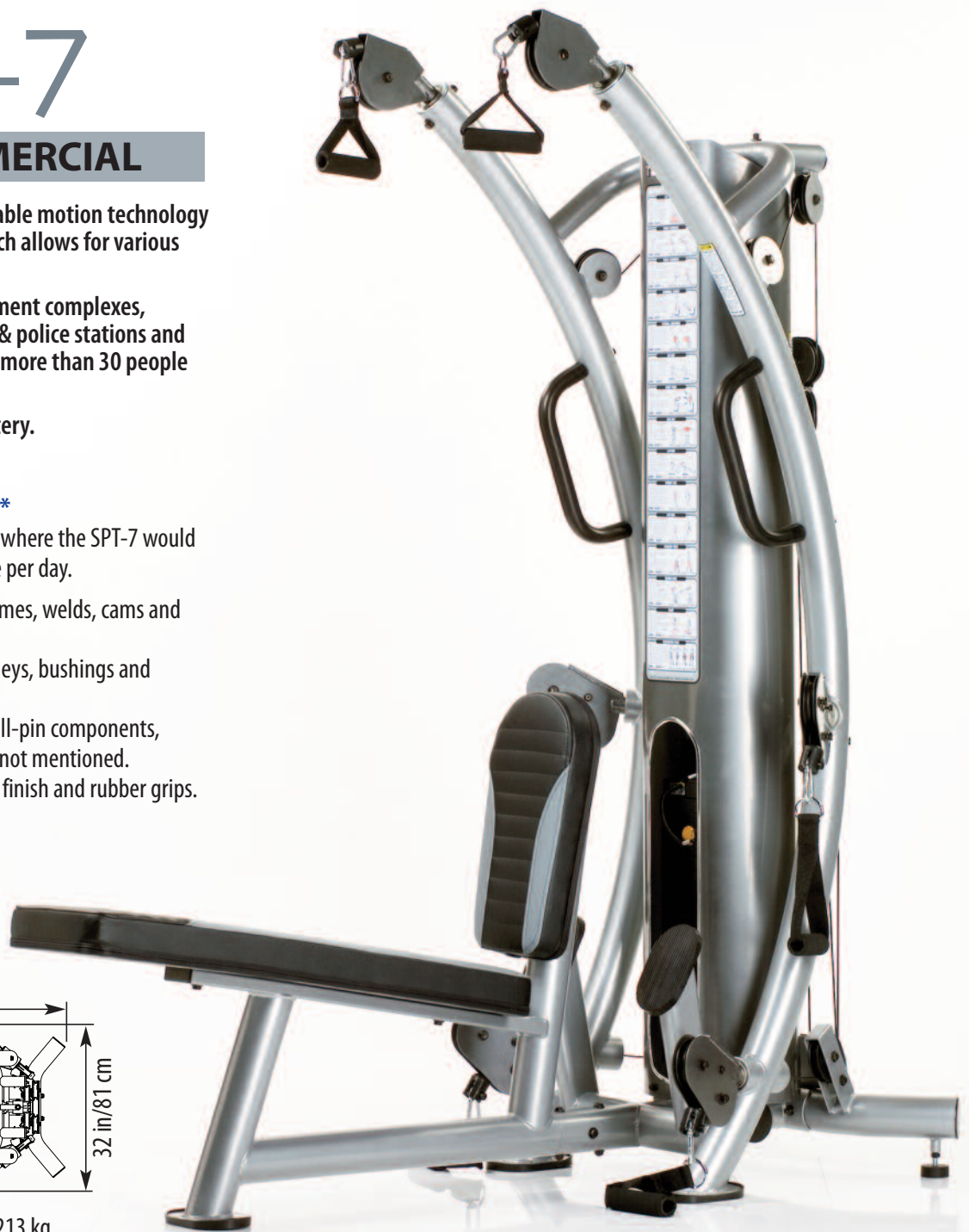
LIGHT COMMERCIAL WARRANTY*

Warranty* applies only to facilities where the SPT-7 would be used by no more than 30 people per day.

- 10 YEARS:** Structural main frames, welds, cams and weight plates.
- 5 YEARS:** Pivot bearings, pulleys, bushings and guide rods.
- 1 YEAR:** Linear bearings, pull-pin components, and all other parts not mentioned.
- 6 MONTHS:** Upholstery, cables, finish and rubber grips.



HT: 80 in/203 cm WT: 470 lb/213 kg



Ready-set-go, no adjustments needed – just select your desired resistance.



High Pulley Station



Mid Pulley Station



Low Pulley Station



Sit-Ups



One Arm Row

SIX-PAK TRAINER

SPORTS SPECIFIC MOVEMENTS



SPT-6BB Baseball Bat Handle



SPT-6MH Multi-Use handle



SPT-6BA Baseball Accessory



SPT-6GH Golf Handle



SPT-6RA Rope Accessory



SPT-6SB Straight Bar



SPT-6AR Accessory Stand



TUFFSTUFF FITNESS INTERNATIONAL, INC.

13971 Norton Avenue, Chino, CA 91710

PH: 909-629-1600 FX: 909-629-4967

www.tuffstufffitness.com