



# HOPE Series

Designed for enjoying your life



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HOPE

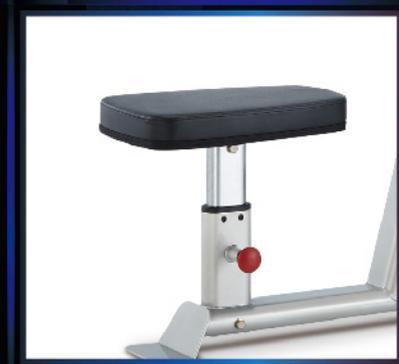




# Features



The frame finishes with a high-class 2-coat/2-bake painting process.



Pneumatic and hydraulic assisted design of the adjustment allows better operation.



The tower with a low profile design exhibits solid stability and elegant shape.



The high-quality backrest and upholstery feature designs for cold-resistant and acid-base-proof.



The storage features multifunction and aesthetic designs.



The sleek, non-slip handle is ergonomic and has optimal performance.



The easy-to-read exercise chart on each machine assists operators in learning workout tips.





## HBP 100

### Chest Press

The visual and non-slip design of the dipped handgrip allows the operator to recognize instantly and hold steady. Converging movement arms with the cable-driven system produces a smooth, natural pressing motion even on the heavy load. Machine HBP100 enables training the pectorals, deltoid, and triceps independently or simultaneously. The premium linkage design allows more effective workouts.

SPEC



VIDEO



## HIP 1400

### Incline Chest Press

Designed for better athletic performance and effect, the incline chest press machine HIP1400 features the standard in biomechanics and ergonomics to develop the pectoral, deltoid, and triceps. Then the pop-pin adjustment of footpegs, the upholstery, and weight stacks assists the operator in various heights and any fitness ability maximizing the benefit from training. The ultimate design of the backrest offers ideal support and allows the best workout efficiency.

SPEC



VIDEO





## HPD 700

### Fly / Rear Deltoid

The HPD700 features pivoting arms with pop-pin adjustment allowing users to alter the start position easily for working the chest and reverse fly. The backrest and upholstery are made from quality foam with double stitched that provide comfort and reduce fatigue. Movement arms with a simple adjustable design provide various workouts for multiple muscles.

SPEC



VIDEO



## HLM 300

### Lat Pulldown

Machine HLM300 mainly aims at the latissimus dorsi and biceps development. Rotating handles with independent diverging movement arms are designed with ergonomics, which provides a natural, fluid motion when working the lat pull-down. Fully shrouded weight stacks and pop-pin adjustment provide training safety. The advanced foot support makes pull-down motions steadier for better workout efficiency.

SPEC



VIDEO





## HLM 300B

### High / Low Pull

Features multiple functionalities that effectively build the arm, back, and shoulder in one machine—the HLM300B will carry an explosive fitness experience for you! Foot braces with knee pads support body alignment. Exercisers can instantly exchange the pulling in the same seated position. The HLM300B features the workout function of high and low pull in one piece of equipment. The low-pull-handgrip allows steadier pull-back movements.

SPEC



VIDEO



## HRM 1700

### Seated Row

The cable-driven system of machine HRM1700 delivers a proper, consistent resistance and evenly distributes the workload. The diverging movement arm is designed with ergonomics to strengthen the muscle group independently or simultaneously, enhancing the workout variety. The footplate and high-quality upholstery provide support and stability pending exercise. The versatile design of handgrips reduces the stress of wrists and enhances the workout effectiveness for back pulling. The HRM1700 offers unmatched movements for the seated row, allowing a full range of motion.

SPEC



VIDEO





## HCD 2100

### Chin Up / Dip

The functional design of the HCD2100 features multiple handles for working the chin up and dip that enhance workout variation. The linear-sliding knee pad helps exercisers of all abilities to build the triceps, biceps, and latissimus dorsi safely and smoothly. Stepped footplates for access convenience while protecting the user from falling over. The adjustable design for narrow and wide grip accommodates users of various fitness requirements.

SPEC



VIDEO



## HSP 800

### Shoulder Press

The full shrouded tower with the reticular profile is a one-of-a-kind feature of machine HSP800—this classic design will not go out of style. Dual converging movement arms distribute the load evenly, providing deltoids an effective workout. Featuring bright yellow color end caps with the extra-large handle enables the exerciser to recognize intuitively and immediately even at first sight. The upholstery and backrest provide comfort and stable support to reduce the pressure of muscles during exercise.

SPEC



VIDEO





## HDR 1300

### Lateral Raise

Counter-balance pieces and start position adjustments deliver comfort deltoid workouts for the operator of different fitness abilities and levels. The downward handgrip with oversize rollers supports the elbow pending raise movements. The magnetic pop-pin weight stacks and the upholstery adjust easily, creating a remarkable fitness experience. Adjustable movement arms meet different workout requirements.

SPEC



VIDEO



## HBC 600

### Biceps Curl

Machine HBC600 aims at building the power and strength of the biceps. The angled elbow pad is made from high-density foam that provides comfort and support of forearms to keep alignment with pivot points. A cable-driven system with oversized handles operates conveniently, allowing a fluid motion path of curls.

SPEC



VIDEO





## HTM 1000

### Triceps Press

The adjustable handle of machine HTM1000 offers inner and outer positions to grip, allowing pronation and supination workouts. The low carbon steel mainframe with a cable-driven system provides safety and creates smooth movements. To maintain stability without utilizing the seat belt, a back pad with a forward-tilted design. A slight incline design maximizes workout efficiencies for the triceps when performing dip motions.

SPEC



VIDEO



## HTE 1200

### Triceps Extension

Pop pin adjustment of machine HTE1200 allows the start position, seat, and weight stacks all in a proper situation to meet varying exerciser needs. A durable, double-stitched arm pad is built of high-density foam that provides maximum comfort and support for elbows. Solid footpegs facilitate the operator to exert the force pending exercises.

SPEC



VIDEO





## HAM 900

### Abdominal Curl

The cable-driven system of machine HAM900 offers suitable resistance for abdominal contractions. Operators could easily regulate the weight stack, rollers, and seat by utilizing the magnetic pop-pin adjustment. A durable padded strap provides comfort for the shoulder and allows a wide range of curl motions. Ergonomically designed ankle rollers accommodate users of various heights.

SPEC



VIDEO



## HBK 1600

### Back Extension

Targeting for training muscles of the back, machine HBK1600 features an adjustable start mechanism to satisfy individual workout requirements. The high-class lumbar pad with a seat belt creates a safe and comfortable workout condition during extension. An oversized design of the foot platform and the back roller provides well stabilization while supporting exercisers for their axis of rotation. The multidirectional design adjustment can meet various workout needs. The auxiliary dial combines motion with resistance to maximize workout performances.

SPEC



VIDEO





## HOT 1800

### Rotary Torso

Machine HOT1800 allows an optimal fitness workout for abdominal muscle development. A slip resistance design of oversized foot pedals with knee pads provides additional stabilization to ensure that the upper body aligns with the spine. The revolving pivot foot rack produces smooth and fluid motions throughout the exercise. The swivel allows a full range of motion to meet exercisers in various fitness abilities.

SPEC



VIDEO



## HLE 200

### Leg Extension

A proper resistance for leg extension of machine HLE200 is delivered via the cable-driven system that strengthens the quadriceps safely and efficiently. The adjustable design of the tibia rollers and the back pad facilitates the operator in a correct posture while offering stability. The streamlined back pad provides better stability and fit. The professional dial helps exercisers aim at lifting movements without any power reduction.

SPEC



VIDEO





## HLC 400

### Leg Curl

When you seek an effective and safe way to strengthen the hamstring, machine HLC400 is an ideal solution. The backrest in biomechanics with the angled upholstery decreases discomfort while eliminating strains to help exercisers withstand intense training. An adjustable design of oversized rollers ensures support and stability. The adjustable dial provides a wide range of selection for operators to work out in their fitness levels.

SPEC



VIDEO



## HLE 200B

### Leg Extension

Featuring accurate cable-driven design, machine HLE200B provides a natural and fluid movement pending leg extension for training the quadriceps. A simple adjustment of ankle rollers and the lifting rod allows the exerciser to select a proper start position that accommodates their fitness ability and safely maintains the correct posture. The adjustable, multidirectional dial offers personalized training with different fitness abilities.

SPEC



VIDEO





## HLC 400B

### Kneeling Leg Curl

Target to train the hamstring in a prone position while reducing the tension of the back. Machine HLC400B enables operators to work the limb independently or alternating from converging and diverging movements. High-quality pads for elbows, thighs, and knees offer maximum support and stability. The lateral adjustment of the ankle roller utilizes conveniently. Professional dial makes more fluid and smoother motions of leg curls.

SPEC



VIDEO



## HLP 500

### Leg Press

To consider working out the quadriceps, hamstring, and gluteus efficiently and comfortably, machine HLP500 features a cable-driven system for offering proper resistance to ensure better workout results. The angled foot platform with a backward tilt pad allows a wide range of press motions in a seated position to improve endurance during workouts. The oversized foot platform allows working out a wide range of muscles. The streamlined backrest makes applying the force more convenient.

SPEC



VIDEO





## HCP 2200

### Calf Press / Lunge

Heavy-gauge steel mainframe with the cable-driven system provides stability and safety during exercise to strengthen legs, calves, and glutes. The pop-pin adjustment of lever arms accommodates the operator of a variety of heights. A foldable calf block increases exercise variation. The oversized foot platform offers more stability during lunge movements. The curved design of shoulder pads reduces shoulder compression.

SPEC



VIDEO



## HAB 1100

### Hip Abduction

An inward orientation design of dual foot position pegs with the pivoting knee pad provides maximum support, facilitating exercisers in a correct position pending abduction. The backrest and swiveling lateral foot posts with adjustable design enable a wide range of motion.

SPEC



VIDEO





## HAD 1100

### Hip Adduction

Aiming to enhance the power and strength of the adductor, machine HAD1100 features an adjustable design for the start position and weight stacks that accommodate exercisers in various fitness levels and abilities. The front-mounted tower secures the workout privacy for the best training performance.

SPEC



VIDEO



## HHE 1900

### Glute

Machine HHE1900 facilitates exercisers isolated working out the glute in a standing position. The cable-driven system with a linear bearing design provides fluid motions when utilizing the foot peg. The steady handle allows multiple grip positions for increasing workout variations.

SPEC



VIDEO





## HDC 2000

### Dual Cable / Chin Up

The mainframe is constructed with heavy-gauge steel, and the shrouded tower ensures safety and stability. The added-on weights are selectable, accommodating the exerciser in different fitness abilities to withstand a proper load pending workout. Machine HDC2000 features linkage configurations to maximize workout benefits during operation. Assist in strengthening muscle groups of the whole body. Exercisers can utilize multiple accessories to increase workout variations.

SPEC



## HCC 2300

### Cable Column

A cable-driven system machine HCC2300 offers appropriate resistance for an effective workout and provides smooth movements. This standing pulley equipment in ergonomics promotes the power for both upper and lower bodies to withstand intense training. A space-saving, single-stack machine provides comprehensive exercises for optimum workout effects.

SPEC





# HSM

## Smith Machine

Comprising the benefit of free weight and fixed machine weight during exercise, the HSM features an innovative and user-friendly design. The rotate bar with safety spots secures working out the back, chest, and leg against accident or harm while increasing the muscle mass and endurance with a natural fluid feeling. A fine-tuning design of barbells prevents potential injuries to joints.

SPEC



VIDEO



Note: All specifications are subject to change without notice. Actual products may differ from pictures in this catalog.

## Specifications

<b>Frame Finish</b>	Two-coat powder process, electrostatically applied powder coat finish, gray silver
<b>Upholstery</b>	2" rebonded scrap foam with CGPC PVC cold latex leather and durable double stitched upholstery
<b>Handgrips</b>	Dipped PVC handle
<b>Cable</b>	7 × 19 carbon steel, tensile strength of more than 2090 lbs. (950 kg)
<b>Standard Weight Stack</b>	<p>210 lbs. / 95 kg (SSP-10 lbs. × 20 pcs + 10 lbs. top plate)</p> <p>110 lbs. / 50 kg (SSP-10 lbs. × 10 pcs + 10 lbs. top plate) for HBC 600 / HTE 1200 / HHE 1900</p> <p>210 lbs. / 95 kg (SSP-20 lbs. × 10 pcs + 10 lbs. top plate) for HDC 2100</p> <p>420 lbs. / 190 kg (SSP-10 lbs. × 40 pcs + 10 lbs. × 2 top plates) dual towers for HDC 2000</p>

## Colors

Strength Upholstery Colors



Black(Standard)

Standard Finish Color



Gray Silver

# **Steelflex**

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