



**Steelflex**

**M3D Functional Series**

Designed for enjoying your life

[www.steelflexfitness.com](http://www.steelflexfitness.com)



# CONTENTS

|                                      |     |
|--------------------------------------|-----|
| •M3DHL 3D High Low Pull .....        | P03 |
| •M3DFC 3D Chest Press / Fly .....    | P03 |
| •M3DBR 3D Back Row / Multi Hip ..... | P04 |
| •M3DSM 3D Smith Machine .....        | P04 |
| •M3DLM 3D Multi Hip .....            | P05 |
| •Product Specifications .....        | P06 |



# M3D Functional Series

**Steelflex**



# Features



The high-class two-coat and two-bake painting process allows long-lasting use and protects against scratches.



The single-stack machine allows comprehensive utilizations.



Machines are designed with ergonomics for premium operation.



The high-quality padding upholstery and backrest provide comfort and durability.



The sleek, elegant acrylic shroud is engineered for safety.



The pulley carriage features an adjustable design.



High-grade bearings are designed for superior durability.



The adjustable dial enables a wide range of motion.



## M3DHL

### 3D High Low Pull

Considering to provide versatile workouts in one machine, the M3DHL makes this mechanical concept becomes a realistic solution. Every one of the pulleys offers isolated exercises for different muscle parts. A high-grade seat allows the workout position to adjust while seated, accommodating various sports requirements. The ideal design of M3DHL helps private coaches carry out better workout efficiency during a fitness and conditioning curriculum.

SPEC



## M3DFC

### 3D Chest Press / Fly

Making a breakthrough of functional limit for strength machines, the M3DFC features a compact and versatile design to develop a muscular upper body. Adjustable lever movement arms offer the workout in both seated and standing positions. The nimble 360-degree adjustable pulley allows operators to enjoy the exercise with a fluid feeling.

SPEC



VIDEO





## M3DBR

### 3D Back Row / Multi Hip

Machine M3DBR features adjustable pulleys in high and low positions and has side stability auxiliary pulleys for varying exercises, including the back extension and other standing workouts. The lateral pulley with an L-shape assist handle provides versatile training for the hip to strengthen flexibility and range of motion.

SPEC



VIDEO



## M3DSM

### 3D Smith Machine

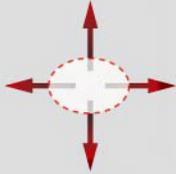
Machine M3DSM can fluidly perform workouts in stereoscopic orientation, including upward, downward, forward, and backward operations that help the exerciser to achieve professional movements of clean and press. And it can work the squat and lunge motion more flexibly than another smith machine. The standard counterweight bar in 20 kilograms with an exercise guide is equipped on machine M3DSM that enhances the benchmark for workout benefits and effects.

SPEC



VIDEO





## M3DLM

### 3D Multi Hip

The M3DLM can optimally perform versatile workouts for the hip. Lateral squats develop the glute efficiently to achieve an optimum fitness result. Both dynamic and static engineering of the slide rail promotes the creativeness for exercises. The double safeguard design protects the user during operation to further enhance the guarantee of workout effects.

SPEC



VIDEO





# Steel Mind, Flex Body

Note: All specifications are subject to change without notice.

## Specifications

|                       |   |
|-----------------------|---|
| Frame Finish          | Two-coat powder process, electrostatically applied powder coat finish, gray silver  |
| Instructional Placard | Included  |
| Upholstery            | 2" rebonded scrap foam + 15mm high resilience foam with CGPC PVC cold latex leather and durable double stitched upholstery                              |
| Handgrips             | Dipped PVC handle   |
| Driving System        | Cable   |
| Cable                 | 7 × 19 carbon steel, tensile strength of more than 2090 lbs. (950 kg)   |
| Shroud                | 4T acrylic delicate safety cover  |
| Weight Stack          | High-quality weight plates for smooth and durable operation   |
| Standard Weight Stack | 240 lbs. / 109 kg (SWS-15 lbs. × 15 pcs + 15 lbs. top plate) for M3DFC / M3DHL<br>165 lbs. / 75 kg (SWS-10 lbs. × 15 pcs + 15 lbs. top plate) for M3DBR |
| Optional Weights      | 315 lbs. for M3DFC / M3DHL<br>240 / 315 lbs. for M3DBR  |
| Max User Weight       | 264 lbs. / 120 kg   |

## Colors

|                            |  |
|----------------------------|--|
| Strength Upholstery Colors | <br>Black(Standard) |
| Standard Finish Color      | <br>Gray Silver     |

# **Steelflex**

[www.steelflexfitness.com](http://www.steelflexfitness.com)



## **INTERNATIONAL**

3F28, No.5, Shin-Yi road., Sec.5,  
Taipei,Taiwan

Tel : +886-2-27209982

Fax : +886-2-2722-9750

E-mail : [joong@ms13.hinet.net](mailto:joong@ms13.hinet.net)

<http://www.steelflexfitness.com>

## **USA**

Fitness Master Inc.

11419 Mathis Avenue #200

Farmers Branch, Texas 75234

Office & Fax : 214-350-8884

Toll Free : 855-846-0087

Email : [info@fmiamerica.com](mailto:info@fmiamerica.com)

[www.fmiamerica.com](http://www.fmiamerica.com)

## **CHINA**

Steelflex Fitness Equipment Trade Co., Ltd

Room 1208 No.500 Chengdu North Rd, Shanghai, China

Tel : +0086-021-63514782 / +0086-021-63514785

<http://www.steelflex.com.cn>