

# ELEMENT+

ESSENTIAL STRENGTH





# Element+

The new Element+ combines sleek design and durability with an extensive list of features that make strength training a simple, enjoyable and intuitive experience.

## EASE OF USE



### VISUAL SET UP

The levers, buttons and pins are bright yellow and extremely visible, so even the most inexperienced user can easily spot and correctly set up the equipment, without help from the trainer.



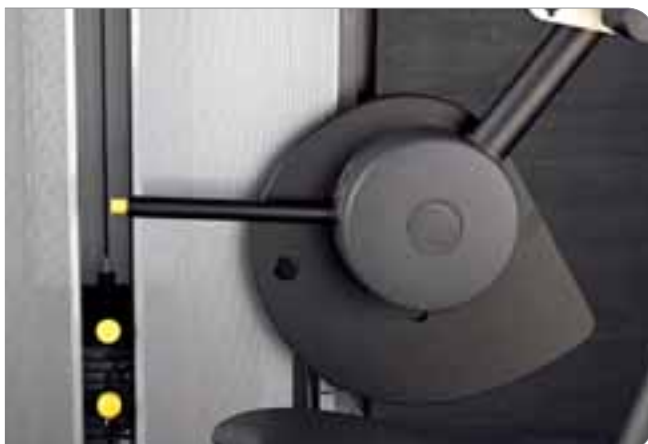
### ERGOADJUSTMENT

There are very few settings on each piece of equipment, and all can be easily reached from the workout position. Also, wherever possible, the adjustment controls are placed in consistent locations across the line.



### SMART PIN

This optional feature is integrated into the top of the weight stack and allows the user to select an additional incremental plate that is half the weight of those in the rest of the stack. This makes it possible for users to more gradually increase their load.



## BIOMOTION™

This concept, developed by Technogym's R&D Center is based on an extensive study of the functional anatomy of single muscles and their behaviour in compound movements. The application of these studies to our selectorized equipment has resulted in a design that reproduces the natural movement of the body through the selected range of motion. Resistance remains steady during the entire range of motion, making the movement exceptionally fluid.

## PHYSIOCAM

This feature allows variable resistance to be delivered to accommodate the specific strength curve of the muscle group being trained, and users perceive consistent resistance throughout the entire exercise. The low initial load enabled by the cam design is in alignment with the strength curve, as muscles are weakest at the beginning and end of their range of motion and strongest in the middle. This feature is beneficial to all users, and particularly to those who are de-conditioned or rehab patients.



## BIOSEAT

The ergonomic seat and backrest are anatomically shaped to support the spinal column and to help users assume the correct position during their workout. Different densities of padding have been used to best accommodate the shape of the body, offering soft or firm support where needed. The wide, comfortable shape accommodates larger users, while the reduced height from the ground enables easy access to shorter users.

## HYGIENIC COMFORT

The Towel Locking Device offers a simple solution for holding the towel in place on the equipment, preventing direct contact with the upholstery and keeping it clean and dry for the next user.





# ELEMENT+

## EQUIPMENT

Abductor	
Adductor	
Leg Extension	52
Leg Curl	
Glute	
Leg Press	53
Chest Press	
Pectoral Machine	
Lower Back	54
Abdominal Crunch	
Arm Curl	
Low Row	55
Arm Extension	
Shoulder Press	
Vertical Traction	56
Lat Machine	
Ercolina	
Ercolina Rehab	57
Crossover Cables	
Multipower	60

## BENCHES

Incline Bench	60
Vertical Bench	
Horizontal Bench	
Adjustable Bench	61
Scott Bench	
Crunch Bench	
Lower Back Bench	62

## RACKS

Plate Rack	
Barbell Rack	
Dumbbell Rack	
Chrome Dumbbell Rack	63



### Abductor

MB100

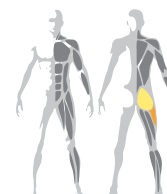
- The front mounted weight stack ensures easy use and privacy during the workout.
- The knee pads and dual foot positions support the legs and reduce torque around knee.
- The low height of the machine provides easy access.

Length:	mm	<b>1410</b>	in	<b>56</b>
Width:	mm	<b>820</b>	in	<b>32</b>
Height:	mm	<b>1420</b>	in	<b>56</b>

<b>Weight Stack:</b>				
Standard:	kg	<b>60</b>	lbs	<b>120</b>
Plus:	kg	<b>80</b>	lbs	<b>160</b>

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				<b>YES</b>

**Muscles:**  
- Tensor of fascia lata  
- Gluteus



### Adductor

MB050

- The front mounted weight stack ensures privacy during the workout.
- The adjustable start position accommodates individual capabilities and preference.
- The low height of the machine provides easy access.

Length:	mm	<b>1410</b>	in	<b>56</b>
Width:	mm	<b>820</b>	in	<b>32</b>
Height:	mm	<b>1420</b>	in	<b>56</b>

<b>Weight Stack:</b>				
Standard:	kg	<b>60</b>	lbs	<b>120</b>
Plus:	kg	<b>80</b>	lbs	<b>160</b>

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				<b>YES</b>

**Muscles:**  
- Adductor



### Leg Extension

MB300

- The anatomical shape of the thigh support cushion minimizes pressure on the knee.
- The exercise position can be adjusted while seated.
- The ROM lever activation button adjusts the starting angle from the seated position.

Length:	mm	<b>1270</b>	in	<b>50</b>
Width:	mm	<b>1040</b>	in	<b>41</b>
Height:	mm	<b>1420</b>	in	<b>56</b>

<b>Weight Stack:</b>				
Standard:	kg	<b>80</b>	lbs	<b>160</b>
Plus:	kg	<b>100</b>	lbs	<b>200</b>

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				<b>YES</b>

**Muscles:**  
- Quadriceps





### Leg Curl

MB350

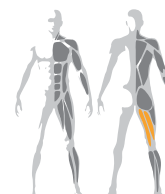
- The seat and back pad adjust together to ensure consistent comfort and support while minimizing hamstring constriction.
- The tibia roller pad can be adjusted to change the starting angle and to make it easier to enter and exit the machine.
- Dual roller input eliminates one adjustment from traditional seated leg curls and minimizes potential for hyperextension of the knee.

Length:	mm	1270	in	50
Width:	mm	1040	in	41
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	80	lbs	160
Incr. Weight stack:	kg	100	lbs	220

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				YES

**Muscles:**  
- Hamstrings



### Glute

MB750

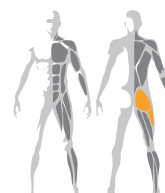
- The adjustable foot support facilitates accurate axis of rotation alignment.
- The ROM lever activation button simplifies entry and exit and adjusts the starting position for the desired range of motion.

Length:	mm	1140	in	45
Width:	mm	1320	in	52
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	60	lbs	120
Plus:				NO

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				NO

**Muscles:**  
- Gluteus



### Leg Press

MB500

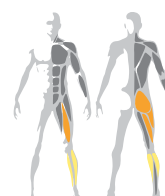
- The large foot support increases exercise variety.
- The resistance profile is optimized via a cam mounted inside the foot support structure.
- Shock absorbers smoothly decelerate the foot platform at the end of the possible range of motion.

Length:	mm	2100	in	83
Width:	mm	1150	in	45
Height:	mm	1520	in	60

<b>Weight Stack:</b>				
Standard:	kg	200	lbs	400
Plus:				NO

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				NO

**Muscles:**  
- Quadriceps  
- Gluteus  
- Hamstrings  
- Gastrocnemius  
- Soleus





### Chest Press

MB200

- The converging arc of movement provides a feeling similar to training with dumbbells.
- Independent movement arms result in a more balanced training effect.
- The rotary adjustment on the handles is easily reachable from the seated position.

Length:	mm	1390	in	55
Width:	mm	830	in	33
Height:	mm	1620	in	64

<b>Weight Stack:</b>				
Standard:	kg	90	lbs	180
Plus:	kg	120	lbs	240

<b>Optional:</b>				
Add. Weight (2,5 kg - 5 lbs):				YES

**Muscles:**  
- Pectorals  
- Deltoids  
- Triceps



### Pectoral Machine

MB700

- The decline movement pattern activates the largest percentage of pectoral muscles while minimizing anterior deltoid involvement.
- Elbow pads transfer force directly to the intended muscles.
- External rotation of the arm is minimized in order to reduce shoulder joint stress.

Length:	mm	1490	in	59
Width:	mm	820	in	32
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	90	lbs	180
Plus:	kg	120	lbs	240

<b>Optional:</b>				
Add. Weight (2,5 kg - 5 lbs):				YES

**Muscles:**  
- Pectorals



### Lower Back

MB450

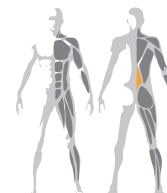
- The design of the back pad encourages extension of the low back muscles while minimizing hip extension.
- The ROM adjustment is easily selected with the thumb release and accommodates individual preference or physical limitations.
- Dual foot supports provide support and stabilization during exercise and require no adjustments.

Length:	mm	1200	in	47
Width:	mm	950	in	37
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	70	lbs	140
Plus:	kg	90	lbs	180

<b>Optional:</b>				
Add. Weight (2,5 kg - 5 lbs):				YES

**Muscles:**  
- Quadratus lumborum  
- Sacrospinal







### Abdominal Crunch MB650

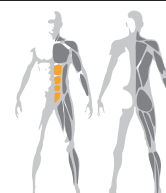
- The two shoulder straps have multiple grip positions to accommodate users of various sizes. No range of motion adjustment is necessary.
- The innovative back pad design stabilizes the pelvis to better isolate the abdominal muscles.
- The dual foot supports accommodate users of every height and prevent the hip flexors from being activated.

Length:	mm	1330	in	52
Width:	mm	890	in	35
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	60	lbs	120
Plus:	kg	80	lbs	160

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				YES

**Muscles:**  
- Abdominal rectus



### Arm Curl MB550

- The handles pivot to automatically accommodate varying forearm lengths.
- Elbow pads are not used on this machine. Eliminating the elbow pads allows natural movement around the elbow and prevents overstretching the joint.
- The independent arms allow the exercise to be performed with either both arms together or with alternating arms.

Length:	mm	1390	in	55
Width:	mm	800	in	31
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	60	lbs	120
Plus:	kg	80	lbs	160

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				YES

**Muscles:**  
- Biceps



### Low Row MB950

- Independent movement arms result in a more balanced training effect.
- The center grip allows user to self-support when training one arm at a time.
- The shape of the arms enables the user to find the optimal training position by simply adjusting the seat and the chest support.

Length:	mm	1240	in	49
Width:	mm	820	in	32
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	90	lbs	180
Plus:	kg	120	lbs	240

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				YES

**Muscles:**  
- Latissimus dorsi  
- Biceps  
- Rhomboid





### Arm Extension

MB600

- The unique handle design automatically accommodates varying forearm lengths and makes the machine less sensitive to specific elbow/axis alignment.
- The articulating joint in the movement arm allows users to follow their own natural path of movement.
- The independent arms allow the exercise to be performed with either both arms together or with alternating arms.

Length:	mm	1410	in	56
Width:	mm	800	in	31
Height:	mm	1420	in	56

<b>Weight Stack:</b>				
Standard:	kg	70	lbs	140
Plus:	kg	90	lbs	180

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				YES

**Muscles:**

- Triceps



### Shoulder Press

MB150

- The plane of movement is positioned slightly forward in order to minimize joint impingement.
- Dual handgrips provide exercise variation.
- The counterbalance on each arm reduces starting resistance.

Length:	mm	1440	in	57
Width:	mm	870	in	34
Height:	mm	1420	in	56

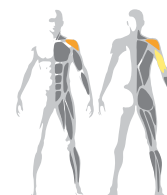
<b>Weight Stack:</b>				
Standard:	kg	80	lbs	160
Plus:	kg	100	lbs	200

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				YES

**Muscles:**

- Deltoids

- Triceps



### Vertical Traction

MB250

- Outward facing seated position with back pad helps encourage correct posture and movement.
- The arc of movement is designed to provide a greater range of motion for the lat muscles.
- The plane of movement is slightly forward of the shoulders to provide a comfortable path of motion for the user.

Length:	mm	1245	in	49
Width:	mm	870	in	34
Height:	mm	2040	in	80

<b>Weight Stack:</b>				
Standard:	kg	90	lbs	180
Plus:	kg	110	lbs	220

<b>Optional:</b>				
Add. Weight (2,5 kg -5 lbs):				YES

**Muscles:**

- Dorsal

- Biceps





Build your confidence.







AN. Anthracite Frame



AL. Silver Frame



AL. Silver Frame



AL. Silver Frame



AL. Silver Frame

# Color Version

Our finishes have a high resistance to abrasions, aging, stains, oil, disinfectant, bacteria and mildew.

The frames are subjected to a painting process with high resistance powders and are then furnace baked. They have a high quality durable finish that is tough and highly scratch resistant.

		FRAME		GUARD		
		AL. SILVER (metalized)	AN. ANTHRACITE	G. FLINT GREY	J. I-PAC	A. WHITE
UPHOLSTERY	V. BLACK	✓		✓		
			✓		✓	
	M. BORDEAUX	*		*		
	K. AVIATION BLUE	✓			✓	
	AK. GREY	✓				✓

✓ recommended

\* possible