

REDEFINE FUN.

**IMPACT**  
STRENGTH®

**STAR TRAC®**



# Lock N Load®

Anyone who works out has been there. You're ready to begin training and you walk over to a machine only to find the weight selection pin missing, broken, damaged or the lanyard is a tangled mess. Well, now you can say goodbye to the frustration and maintenance issues thanks to our revolutionary, patented Lock N Load® weight selection system.

Now weight selection is as easy as flipping a switch. The intuitive Lock N Load design is easily recognizable. If you've ever flicked a light switch on and off, you'll immediately understand how it works. Universally color coded switches engage and disengage the weight via an internal pin, providing a safer, more durable and maintenance free operation.

Simple and innovative you'll find it to be a welcome relief from the headaches and maintenance costs often associated with traditional strength equipment weight stacks. With very few moving parts and an internal case hardened steel engagement pin, there's virtually nothing to break or maintain.





# Impact Strength®

Proven. Smart. Effective. It's what you look for in any piece of equipment that will make up the core of your facility. Impact Strength® is all of those and then some; with a wide variety of options and pieces suited for everyone from hardcore athletes to new users. From top to bottom, its been built and designed with one goal in mind — to be a powerful choice for primary selectorized strength equipment.

Based on the legacy of the Flex Fitness strength line and supported by a 30-year history of proven biomechanics, Impact Strength provides multiple options for focusing on each body part. Impact Strength also offers the revolutionary Lock N Load® patented weight selection system that affords users the most streamlined and efficient workout possible, while reducing common maintenance hassles associated with traditional weight stacks and pins. With all of the traditional and required user features, such as range of motion control and pre stretch adjustment, Impact Strength offers a solid and reliable strength solution for any facility.

## Available Colors

Options for upholstery and frame

### Harmony



**Black**  
Upholstery



**StarTrac Silver**  
Frame

### Legacy



**Brown**  
Upholstery



**White**  
Frame





## Seated Leg Press

Model LA-S1305

- Ship Weight - 825 lbs (374 kg)
- Stack Weight - 400 lbs (181 kg)
- Width - 47" (119 cm)
- Length - 74" (188 cm)
- Height - 65" (165 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Oversized foot plate for variety in foot placement
- User handles for stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Leg Extension

Model LA-S1312

- Ship Weight - 530 lbs (240 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 38" (97 cm)
- Length - 57" (145 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting back rest adjustment
- Center mount lower leg adjustment for easy access
- Knee extension range of motion adjustment
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Leg Curl

Model LA-S1301

- Ship Weight - 440 lbs (200 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 38" (97 cm)
- Length - 71" (180 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Adjustable ankle pad for ideal fit
- Knee flexion range of motion adjustment
- Ergonomic elbow and hand placement for upper body support
- Angled torso pad for enhanced lumbar stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Kneeling Leg Curl

Model LA-S1311

- Ship Weight - 360 lbs (163 kg)
- Stack Weight - 150 lbs (68 kg)
- Width - 44" (112 cm)
- Length - 51" (130 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Unique single leg isolation positioning
- Adjustable carousel and knee pad for opposite leg training
- Ergonomic elbow and hand placement for upper body support
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Adductor

Model LA-S1308

- Ship Weight - 430 lbs (195 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 48" (122 cm)
- Length - 58" (147 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Two positions for user foot rest
- User handles for stabilization
- Contoured lumbar support backrest
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Abductor

Model LA-S1307

- Ship Weight - 430 lbs (195 kg)
- Stack Weight - 200 lbs (91 kg)
- Width - 48" (122 cm)
- Length - 58" (147 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Two positions for user foot rest
- User handles for stabilization
- Contoured lumbar support backrest
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system





## Standing Calf

Model LA-S1309

- Ship Weight - 485 lbs (220 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 49" (124 cm)
- Length - 41" (104 cm)
- Height - 62" (151 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Beveled non-slip foot platform
- User handles for stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Chest Press

Model LA-S4301

- Ship Weight - 545 lbs (247 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 52" (132 cm)
- Length - 50" (127 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Pre-stretch range of motion adjustment
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Incline Press

Model LA-S2301

- Ship Weight - 570 lbs (259 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 51" (130 cm)
- Length - 75" (191 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Pre-stretch range of motion adjustment
- Gravity assisted positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Deltoid Fly

Model LA-S4304

- **Ship Weight** - 450 lbs (204 kg)
- **Stack Weight** - 245 lbs (111 kg)
- **Width** - 30" (76 cm)
- **Length** - 50" (127 cm)
- **Height** - 79" (200 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Horizontal and vertical grip options
- Unilateral or bilateral movement
- Dual exercise options for range of motion control: Pectoral Fly and Rear Deltoids
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

## Fixed Lat Pull Down

Model LA-S3303

- **Ship Weight** - 700 lbs (318 kg)
- **Stack Weight** - 280 lbs (127 kg)
- **Width** - 43" (109 cm)
- **Length** - 64" (163 cm)
- **Height** - 80" (203 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Adjustable knee stabilization pad
- Diverging axis movement for enhanced biomechanics
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

## Lat Pull Down

Model LA-S3305

- **Ship Weight** - 435 lbs (197 kg)
- **Stack Weight** - 280 lbs (127 kg)
- **Width** - 55" (140 cm)
- **Length** - 47" (119 cm)
- **Height** - 98" (249 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Adjustable knee stabilization pad
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



### Vertical Row

Model LA-S3301

- Ship Weight - 575 lbs (261 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 45" (114 cm)
- Length - 62" (157 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Pre-stretch range of motion adjustment
- Angled foot support pads
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

### Low Row

Model LA-S3306

- Ship Weight - 585 lbs (265 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 29" (74 cm)
- Length - 90" (229 cm)
- Height - 86" (218 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Angled foot support pads
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system

### Shoulder Press

Model LA-S4307

- Ship Weight - 530 lbs (240 kg)
- Stack Weight - 275 lbs (125 kg)
- Width - 53" (135 cm)
- Length - 64" (163 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Horizontal and vertical grip options
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system





## Deltoid Raise

Model LA-S4302

- **Ship Weight** - 430 lbs (195 kg)
- **Stack Weight** - 155 lbs (70 kg)
- **Width** - 46" (117 cm)
- **Length** - 51" (130 cm)
- **Height** - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Unilateral or bilateral motion
- Rotating handles for arm stabilization
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Biceps Curl

Model LA-S5301

- **Ship Weight** - 460 lbs (209 kg)
- **Stack Weight** - 200 lbs (91 kg)
- **Width** - 46" (117 cm)
- **Length** - 58" (147 cm)
- **Height** - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Rotating handles for horizontal and vertical grip options
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Triceps Extension

Model LA-S5302

- **Ship Weight** - 460 lbs (209 kg)
- **Stack Weight** - 200 lbs (91 kg)
- **Width** - 46" (117 cm)
- **Length** - 47" (119 cm)
- **Height** - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Ergonomic grip for user comfort
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Dip Machine

Model LA-S5303

- Ship Weight - 655 lbs (297 kg)
- Stack Weight - 295 lbs (134 kg)
- Width - 42" (107 cm)
- Length - 55" (140 cm)
- Height - 65" (165 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Flip over handles to accommodate user size and preference
- Padded foot stabilization pad
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Chin Dip Assist

Model LA-S6302

- Ship Weight - 650 lbs (295 kg)
- Stack Weight - 300 lbs (136 kg)
- Width - 60" (152 cm)
- Length - 50" (127 cm)
- Height - 91" (231 cm)
- Kneeling weight assist system provides user with progressive assist for pull up and dip exercises
- Integrated pull up bar with multi-grip hand positioning
- Flip over dip handles for optimal user fit
- Drop away knee support for body weight training
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Low Back

Model LA-S3302

- Ship Weight - 680 lbs (308 kg)
- Stack Weight - 280 lbs (127 kg)
- Width - 46" (117 cm)
- Length - 53" (135 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Range of motion adjustment
- Comfortable low back roller pad
- Adjustable leg length foot rest
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



## Abdominal

Model LA-S6301

- Ship Weight - 365 lbs (166 kg)
- Stack Weight - 155 lbs (70 kg)
- Width - 43" (109 cm)
- Length - 59" (150 cm)
- Height - 60" (152 cm)
- User-friendly weight stack selection
- 5 lb incremental weight system for optimal progression
- Ratcheting seat adjustment
- Rounded lumbar extension pad
- Gravity assisted positioning
- Lock N Load® weight selection
- Lock N Load incremental add-on weight system



# Strength Warranty

	Inspiration Strength®	HumanSport®	Leverage®	Impact Strength®	Plate Loaded
Warranty	<p>10 year limited warranty on structural frame not including coatings. 5 years on integral bearings, guide rods, pulleys and weight plates. 1 year labor. 1 year on cables, plate switches and grips. 90 days on upholstery stitching and items not specified.</p> <p>*Additional restrictions may apply; see your sales representative for detailed warranty information.</p> <p>*Warranty is subject to change.</p>	<p>Limited 10 year warranty on structural frame not including coatings, 5 years part on major mechanical components – guide rods, plates, bearings etc, 1 year on minor mechanical components – plate switches, cables, grips etc., 90 days on upholstery, 1 year labor</p> <p>*Warranties are subject to change and may vary internationally</p> <p>*Contact your StarTrac Sales representative for full commercial, light commercial and consumer warranty detail</p>			
	Multi-Stations	Benches and Racks	Instinct®	BoxMaster®	
Warranty	<p>Limited 10 year warranty on structural frame not including coatings, 5 years parts on major mechanical components – guide rods, plates, bearings etc, 1 year on minor mechanical components – plate switches, cables, grips etc., 6 months on upholstery, 1 year labor</p> <p>*Warranties are subject to change and may vary internationally</p> <p>*Contact your StarTrac Sales Representative for full commercial, light commercial and consumer warranty detail</p>			<p>BoxMaster® warrants all structural frameworks for a period of 5 years. This limited warranty on structural frame does not include coatings. The following moving parts are warranted for 5 years; spring arm assemblies and main arm mounting tube. All unlisted parts, handles and accessories are warranted for 1 year. Upholstery is warranted for 6 months.</p> <p>*Additional restrictions may apply; see your sales representative for detailed warranty information.</p> <p>*Warranty is subject to change.</p>	

**WORLD HEADQUARTERS** [www.startrac.com](http://www.startrac.com)  
4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662  
Corp +1 (800) 228 6635

**EUROPE HEADQUARTERS** [www.startrac.com/europe](http://www.startrac.com/europe)  
Unit 4, The Gateway Centre, Coronation Road  
Cressex Business Park, High Wycombe, Bucks HP12 3SU United Kingdom  
Tel +44 (0) 1494 688260 Fax +44 (0) 1494 688269

**ASIA HEADQUARTERS**  
25 North 2nd Road, Xinglin, Jimei District, Xiamen China 361022  
Tel +86 (0) 592 624 8296

**WEST COAST SHOWROOM**  
14410 Myford Rd, Irvine, California 92606  
Corp +1 (800) 228 6635

**EAST COAST SHOWROOM**  
8401 Southern Blvd. Youngstown, Ohio 44512  
Corp +1 (800) 228 6635

**MAD DOGG ATHLETICS, INC.** [www.spinning.com](http://www.spinning.com)  
2111 Narcissus Court, Venice, California 90291 USA  
Tel +1 (310) 823 7008 Corp +1 (800) 847 7746 Fax +1 (310) 823 7408

**MAD DOGG ATHLETICS EUROPE** [www.spinningeurope.com](http://www.spinningeurope.com)  
Industrieweg 20A, 3144 CH Maassluis, The Netherlands  
Tel +31 (0) 10 590 45 08 Fax +31 (0) 10 590 00 54

