

## Magnum M103 Advantage Trainer

Magnum M103 Advantage Trainer meets the requirements of the American Disabilities Act for Equal Program Access and provides wheelchair accessible strength training. The Advantage Trainer is built using four individual wheelchair accessible stations, so all four stations may be used simultaneously. The Advantage Trainer provides over 20 different exercise patterns to work every upper body muscle group.

The unit is made up of four stations:

1. Vertical Chest Press / Lat Row
2. Lat Pulldown / Bicep Curl
3. Pec Deck
4. Adjustable Pulley

### Features:

#### 1. Pressing Station with Back Row - Weight Stack: 300 lbs.

The large back pad provides full support while in a wheelchair or when using the seat with wheels. The multiple grip handles swing up and lock in place to provide easy entry/exit for any size user. They provide a wide and narrow, lower barbell grip, as well as a high barbell and neutral grip. The arm they are attached to can be adjusted into four different starting positions. By changing the starting position of this arm, adjusting your body, and using different grips, the user can perform the following exercises at this station: Chest press, incline press, triceps press, and shoulder press.



Bench Press



Tricep Pushdown



Shoulder Press

This station easily converts to a rowing unit. While facing the unit, make sure the left grip is in the upper position. Reach under the lower back pad, and pull the lever toward you. This will release the chest pad attached to the tube at your left. Swing it around until it locks in place. Adjust the depth of the arm and position of the handles to fit your range of motion to perform lat rows.



Lat Row

### 2. Pec Deck Station - Weight Stack: 235 lbs.

The seat with wheels can be easily rolled in or out to use the large back pad for support while on the seat or in a wheelchair. The large roller pads allow any size user to be comfortable performing pectoral fly contractions.



Pec Deck

### 3. Lat Pulldown with Arm Curl Station - Weight Stack: 312.5 lbs.

Whether using the seat with wheels or in a wheelchair, the user can lock themselves into position with the spring loaded bicep pad. This allows the user to perform comfortable lat pulls. Simply pull the popper pin to adjust the bicep pad to the position you desire, grip the lower rotating handle, and you can perform bicep arm curls.



Lat Pulldown



Bicep Curl

### 4. Adjustable Pulley/Cable System - Weight Stack - 200 lbs.

This unit comes with a single "D" handle and a revolving curl bar. While standing, using the seat with wheels or from a wheelchair the user can adjust the pulleys on this station into 16 different positions. The hand rail helps stabilize the user if necessary.



Single Arm Row



Deltoid Raise