



*Equipment shown in custom colors

SHOULDER CHEST HSSC3

With a design inspired by the graceful, natural motions of the human body, HumanSport offers a truly unique and human way of conditioning. HumanSport is so simple, so intuitive and so natural that it feels as if it were custom-built for each and every user. Six dual-function cable-based machines act as twelve workout stations by utilizing dual weight stacks to provide a wide range of total body training. When paired with the provided programming designed by our Master Trainers, HumanSport makes a powerful addition to any facility.

PRODUCT DIMENSIONS

WEIGHT	63 in (160 cm)
LENGTH	45 in (114 cm)
HEIGHT	64 in (163 cm)
STACK WEIGHT	2x 88 lbs (2x 40 kg)
OVERALL WEIGHT	655 lbs (298 kg)
SHIPPING WEIGHT	772 lbs (351 kg)

ADJUSTMENTS & MOVEMENTS

USER DEFINED RANGE OF MOTION	Yes, multiple chest pressing motions including horizontal press, incline and decline press, chest fly and rotational press. Multiple shoulder pressing motions including frontal plane press, sagittal plane press and rotational press. Drop-down seat for enhanced training options in the standing position
ASSISTED ADJUSTMENTS	Yes, gravity assisted
COLOR CODED PIVOT POINTS AND ADJUSTMENTS	Yes
UNILATERAL OR BILATERAL MOVEMENT	Yes, Unilateral or bilateral use user defined
CONVERGING OR DIVERGING MOVEMENTS	Yes, user defined
PULLEY RATIO	2:1 ratio

FRAME SPECIFICATIONS & CABLE INFORMATION

STANDARD FRAME COLOR OPTIONS	Silver with wood trim, Black with carbon fiber trim
STANDARD UPHOLSTERY COLOR OPTIONS	Black
FRAME FINISH	Electrostatic Powder coating
CUSTOMIZABLE PAINT OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE UPHOLSTERY OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CUSTOMIZABLE BRANDING OPTIONS AVAILABLE	Yes with additional fees and extended lead times
CABLE VS. BELT DRIVEN TRANSMISSION	3mm cable driven
BOLT DOWN LOCATIONS DEFINED	Yes
INTEGRATED LEVELING SYSTEM	No, rubber feet for floor protection
HARDWARE TYPE	Hex / Button Head
TUBING STYLE & THICKNESS	Modern blend of square and round tubing. Most are 3 or 2.5mm / 11 ga

USER SPECIFIC INFORMATION

STATIC PLACARDS	Start finish diagram
MULTI-LANGUAGE PLACARDS OPTIONS AVAILABLE	Yes
ANIMATED LENTICULAR	No
SAFETY CATCH & STOPS	No
WATER BOTTLE HOLDER	No
PHONE HOLDER	No
GRIP SPECIFICATIONS	Multiple accessory handle configurations with multiple D-rings to support varying levels of pre-stretch and modalities.
FOOT PLATFORM	N/A
CONTOURED PADS	Yes
RESTRAINT SYSTEM	No but wheelchair accessible

WEIGHT STACK SPECIFICATIONS

TOTAL STACK WEIGHT	Stack Weight Capacity: 2x 88 lbs (2x 40 kg)
INCREMENTAL WEIGHT SYSTEM	No
WEIGHT STACK TOWER HEIGHT	65 in (165 cm)
PLATE LOADED	N/A
WEIGHT STORAGE SOLUTION	N/A
LNL TECHNOLOGY	Yes, standard
ADD-ON RESISTANCE AVAILABLE	No
WEIGHT STACK SHROUD SPECIFICATIONS	Inside and outside steel shrouds.

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

