



*Cable Motion  
Dual Adjustable Pulley*



# CABLE MOTION SERIES

## S T R E N G T H

### *Define your own path*

That's exactly what your users will do with Cable Motion™ Technology from Life Fitness. It's multi-dimensional strength training. It's user-defined paths of motion that allow for an endless variety of exercises that build balance, stability, and power. It's infinite training choices — single stations, multi-use and multi-jungles. Turn heads during facility tours. Spark interest among loyal patrons. Boost revenues for your personal training programs. These are just a few of the ways the Cable Motion Series can help you achieve success.

### *Cable Motion moves your facility in many directions*

- Give your exercisers the freedom to move limbs independently of one another, one at a time, both at the same time, or use different weights for each limb.
- Encourage member retention by motivating your users to reach new levels of strength training with advanced exercise opportunities.
- Increase your personal-training revenue with easy-to-use equipment that allows your trainers to design an unlimited number of programs.
- Attract a variety of exercisers, regardless of their fitness goals or skills, with low starting resistance and easy adjustments.
- Provide your users with the ideal functional training tools to help them add more strength to their everyday, real-life activities.
  - Active older adults will improve performance in activities of daily living
  - Athletes will improve on-the-field performance
  - Work-specific exercises will reduce on-the-job injuries
- Enhance workout variety with unique swivelling handles.

#### STRENGTH IQ

##### EQUIPMENT CLASSIFICATION KEY:



FUNDAMENTAL



DEVELOPMENTAL



>> SPECIALIZED

SPECIALIZED: Advanced training equipment for more experienced users.



□ **Chest Press**

CMCP

- 1:2 resistance (2 x 190 lbs/2 x 95 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles included



□ **Shoulder Press**

CMSP

- 1:2 resistance (2 x 150 lbs/2 x 75 kg weight stacks)
- Smooth, easy gas-assisted seat adjustment
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles included



□ **Row**

CMRW

- 1:2 Resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Independent pulleys allow user-defined paths of motion and exercise variety
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles and individual row handle included



□ **Pulldown**

CMPD

- 1:2 resistance (2 x 220 lbs/2 x 107 kg weight stacks)
- Adjustable roller pads for lower body stabilization
- Each arm has a dedicated weight stack for exercise variety
- Two molded handles and individual lat pulldown bar included



□ **Dual Adjustable Pulley** CMDAP

- 20 adjustment positions per column allow users to perform over 225 exercises for the ultimate in strength training variety
- 1:4 resistance level for low starting resistance and high speed movements suitable for sport-specific training
- Dual-roller mechanism provides smooth and easy adjustment
- Includes accessory kit with 10 different handles, instructional poster and CD



□ **Cable Column** CMCC

- Dual pulleys and 9 different handles create extensive training options
- Resistance ratio, 1:4 for each handle and 1:2 when used together, allows less experienced users to start with lower resistance
- 20 adjustment positions create a wide variety of exercises. Dual-roller mechanism provides smooth and easy adjustment



□ **Cable Crossover** CMACO

- Each weight stack provides a 1:2 resistance ratio
- Multiple position chin-up handles offer a choice of exercises
- Unit shown is configured with adjustable pulleys  
(Also available with fixed pulleys, CMFCO)

# MULTI-JUNGLES

## *Ultimate Configurability*

Exercise your options with our custom-built Cable Motion Multi-Jungles. Your choices have never been better. Custom configure the placement of four modular tower platforms and up to ten different training stations in a way that meets your space requirements, facility's unique image, and users' needs.

### FOUR DIFFERENT MODULAR TOWER PLATFORMS

- |                       |       |
|-----------------------|-------|
| • 4-STACK             | MJ4   |
| • 8-STACK             | MJ8   |
| • 12-STACK – STRAIGHT | MJ12S |
| • 12-STACK – V-SHAPE  | MJ12V |

### TEN DIFFERENT TRAINING STATIONS

- |  |       |                        |       |
|--|-------|------------------------|-------|
| • ADJUSTABLE PULLEY                                | MJAP  | • LAT PULLDOWN         | MJLP  |
| • ADJUSTABLE CROSSOVER<br>Extends from core tower  | MJACO | • DUAL PULLEY PULLDOWN | MJLPD |
| • ADJUSTABLE CROSSOVER<br>Connects two core towers | MJAXO | • LOW ROW              | MJRW  |
| • FIXED CROSSOVER<br>Extends from core tower       | MJFCO | • DUAL PULLEY ROW      | MJRWD |
| • FIXED CROSSOVER<br>Connects two core towers      | MJFXO | • TRICEPS PUSHDOWN     | MJTP  |



### □ *Multi-Jungle (Sample 4-Stack)*

- 143.5" L x 74" W x 94" H (364 cm x 188 cm x 239 cm)
- Stations shown on MJ4 Platform
  - Adjustable Pulley MJAP
  - Low Row MJRW
  - Triceps Pressdown MJTP
  - Lat Pulldown MJLP



### □ *Multi-Jungle (Sample 5-Stack)*

- 196" L x 143.5" W x 94" H (498 cm x 364 cm x 239 cm)
- Stations shown on MJ4 Platform
  - Dual Pulley Pulldown MJLPD
  - Triceps Pushdown MJTP
  - Dual Pulley Row MJRWD
  - Adjustable Crossover MJACO



### □ *Multi-Jungle (Sample 8-Stack)*

- 221" L x 143.5" W x 94" H (561 cm x 364 cm x 239 cm)
- Stations shown on MJ8 Platform
  - Lat Pulldown MJLP
  - Adjustable Crossover MJAXO
  - Low Row MJRW
  - Triceps Pushdown MJTP
  - Dual Pulley Pulldown MJLPD
  - Adjustable Pulley MJAP
  - Dual Pulley Row MJRWD

**Multi-Jungle (Sample 12-Stack Straight)**

370" L x 181" W x 94" H (939 cm x 459 cm x 239 cm)

• Stations shown on MJ12S Platform

- Triceps Pushdown MJTP
- Adjustable Pulley MJAP
- Adjustable Crossover MJAXO
- Lat Pulldown MJLP
- Dual Pulley Pulldown MJLPD
- Low Row MJRW
- Dual Pulley Row MJRWD



**Multi-Jungle (Sample 12-Stack V-Shape)**

291" L x 224" W x 94" H (364 cm x 188 cm x 239 cm)

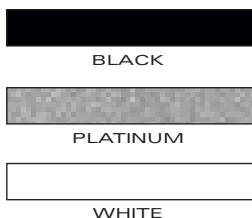
• Stations shown on MJ12V Platform

- Triceps Pushdown MJTP
- Dual Pulley Row MJRWD
- Low Row MJRW
- Adjustable Crossover MJAXO
- Dual Pulley Pulldown MJLPD
- Adjustable Pulley MJAP
- Lat Pulldown MJLP

## Product Specs

### FRAME COLORS\*

#### STANDARD



BLACK

PLATINUM

WHITE

#### PREMIUM



ICE BLUE METALLIC

MIDNIGHT METALLIC

NICKEL

### UPHOLSTERY COLORS\*



AMERICAN BEAUTY RED

NORTHWOODS GREEN

AZURE

REGIMENTAL BLUE

BLACK

ROYAL BLUE

CRANBERRY

SLATE

HUNTER GREEN

SUEDE

\*Black, Platinum, and White frame and all upholstery colors shown above are standard. Premium frame colors shown above and custom frame and upholstery colors are available for an additional charge.

A second, clear-coat top layer is standard on machines with Ice Blue Metallic, Midnight Metallic, Nickel, and Platinum frames.

Actual frame and upholstery colors may differ from printed color samples shown.

### FRAME

- 11-gauge steel frame ensures maximum structural integrity
- Each frame receives an electrostatic powder coat finish to ensure maximum adhesion and durability

### CUSHIONING

- Contoured cushions utilize a molded frame for superior comfort and durability

### ADJUSTMENTS

- Gas-assisted springs (where applicable) improve ease of use on adjustments

### INSTRUCTIONAL PLACARDS

- Easy-to-follow instructions illustrate proper use and muscles trained

### SHROUD

- Standard rear shrouds
- Optional front shrouds

### WEIGHT PLATES AND GUIDE RODS

- Solid-steel weight plates
- Top weight plate is fitted with self-lubricating bushings
- 7/16" (1 cm) diameter weight selector pin magnetically locks in place and is connected to stack to prevent loss

### CABLES AND PULLEYS

- 7 x 19 strand construction, lubricated, nylon-coated cable meets U.S. military specifications
- 4-1/2" (11 cm) and 6" (15 cm) diameter fiberglass-impregnated nylon pulleys feature sealed bearings

### HAND GRIPS

- Hand grips are a durable urethane composite

| STATION                        | PRODUCT CODE | TOTAL WEIGHT      | WEIGHT STACK             | DIMENSIONS (L x W x H)                           |
|--------------------------------|--------------|-------------------|--------------------------|--|
| Chest Press                    | CMCP         | 680 lbs (309 kg)  | 2 x 190 lbs (2 x 95 kg)  | 49" x 46" x 64" (125 cm x 117 cm x 163 cm)       |
| Shoulder Press                 | CMSP         | 600 lbs (273 kg)  | 2 x 150 lbs (2 x 75 kg)  | 46" x 46" x 64" (117 cm x 117 cm x 163 cm)       |
| Row                            | CMRW         | 770 lbs (350 kg)  | 2 x 220 lbs (2 x 107 kg) | 73" x 54" x 67" (186 cm x 138 cm x 171 cm)       |
| Pulldown                       | CMPD         | 810 lbs (368 kg)  | 2 x 220 lbs (2 x 107 kg) | 45" x 54" x 95" (115 cm x 138 cm x 242 cm)       |
| Dual Adj. Pulley               | CMDAP        | 1265 lbs (575 kg) | 2 x 390 lbs (2 x 195 kg) | 44" x 62" x 93" (112 cm x 157 cm x 236 cm)       |
| Cable Column                   | CMCC         | 685 lbs (311 kg)  | 190 lbs (95 kg)          | 56" x 57" x 92" (142 cm x 145 cm x 234 cm)       |
| Fxd. Cable Crossover           | CMFCO        | 895 lbs (407 kg)  | 2 x 190 lbs (2 x 95 kg)  | 28.5" x 142" x 94" (72 cm x 361 cm x 239 cm)     |
| Adj. Cable Crossover           | CMACO        | 980 lbs (465 kg)  | 2 x 190 lbs (2 x 95 kg)  | 28.5" x 167" x 94" (72 cm x 424 cm x 239 cm)     |
| Multi-Jungle Core Tower        | —            | 225 lbs (102 kg)  | —                        | 32.5" x 32.5" x 94" (82.5 cm x 82.5 cm x 239 cm) |
| Adjustable Pulley              | MJAP         | 260 lbs (118 kg)  | 190 lbs (95 kg)          | 14.5" x 18.5" x 92" (37 cm x 47 cm x 234 cm)     |
| Adj. Crossover                 | MJACO        | 720 lbs (327 kg)  | 2 x 190 lbs (2 x 95 kg)  | 28.5" x 142" x 94" (72.5 cm x 361 cm x 239 cm)   |
| Adj. Crossover connects towers | MJAXO        | 600 lbs (272 kg)  | 2 x 190 lbs (2 x 95 kg)  | 23" x 116" x 94" (58.5 cm x 295 cm x 239 cm)     |
| Fixed Crossover                | MJFCO        | 650 lbs (295 kg)  | 2 x 190 lbs (2 x 95 kg)  | 28.5" x 117" x 94" (72.5 cm x 297 cm x 239 cm)   |
| Fix. Crossover connects towers | MJFXO        | 530 lbs (240 kg)  | 2 x 190 lbs (2 x 95 kg)  | 23" x 91.5" x 94" (58.5 cm x 232.5 cm x 239 cm)  |
| Lat Pulldown                   | MJLP         | 340 lbs (154 kg)  | 260 lbs (130 kg)         | 26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm) |
| Dual Pulley Pulldown           | MJLPD        | 340 lbs (154 kg)  | 260 lbs (130 kg)         | 26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm) |
| Low Row                        | MJRWW        | 360 lbs (163 kg)  | 260 lbs (130 kg)         | 26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm) |
| Dual Pulley Row                | MJRWD        | 360 lbs (163 kg)  | 260 lbs (130 kg)         | 26.75" x 37.25" x 92" (68 cm x 94.5 cm x 234 cm) |
| Triceps Pushdown               | MJTTP        | 225 lbs (102 kg)  | 190 lbs (95 kg)          | 4.5" x 21.25" x 92" (11.5 cm x 54 cm x 234 cm)   |

Specifications subject to change.

### WARRANTY

10-year limited warranty on the structural frame (coatings excluded); five years on the pulleys, weight plates, and guide rods; one year on the bearings, cables and grips; and 90 days on the upholstery, springs, and any items not specified. Warranties outside the U.S. may vary. Contact Life Fitness for details.