

# I SERIES

 **QUANTUM<sup>®</sup>**



[QIS-8004] Vertical Chest Press

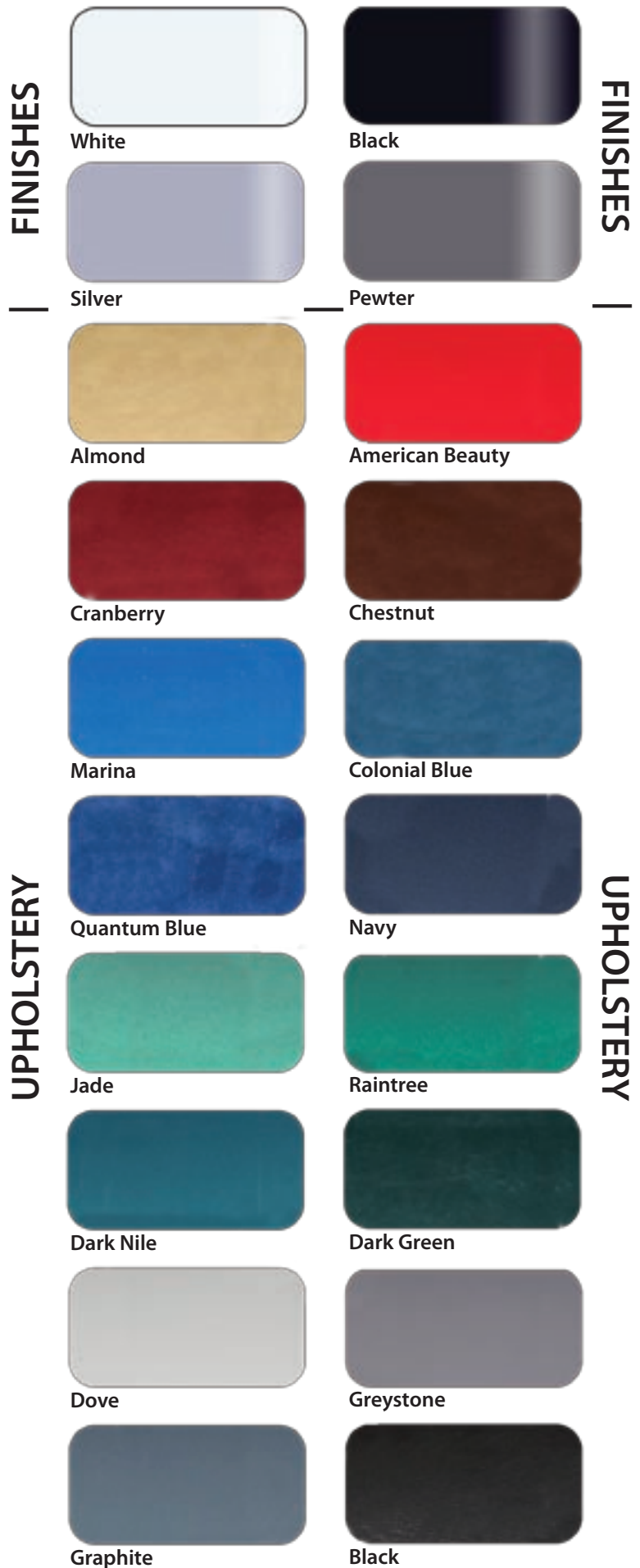
**I can keep up with my 5-year old.  
I can climb a mountain.  
I can win a decathlon.  
I can do anything...**

## We engineer perfection, so you can perfect health.

Incorporating the sum of over 25 years of modern design and backed with numerous multi-patented exercise machines; the *I* series from Quantum will meet all your single source needs. Quantum's *I* series strength line is a complete multi-faceted system of strength machines which will completely serve your trainers and facility by offering world class strength solutions for all types of users.

### Smooth, powerful and perfected

- Uniquely designed frosted pastel shrouds, allow full user privacy, safety, and keep your facility bright and welcoming.
- Low profile stance, small foot print, combined with multiple choices of combination , single station machines and one of a kind niche patented machines, sets the *I* series far above all others.
- All *I* series machines boast a confident, natural movement and allow for maximum muscle range of motion.
- Meticulously designed hand grips and foot platform are angled to keep joints in a neutral position, reducing joint stress and maximizing a safe workout experience.
- Clear, simple and concise user instruction plaques, coupled with visually integrated graphic design glide the user through the workout.
- Optional, integrated 5lb increment plate allows for gradual increase of resistance for the workout and leads to quicker strength gains.



# I Series



**[QIS-8000] Muscle Trainer**



**[QIS-8002] Adjustable Cable Crossover**



**[QIS-8004] Vertical Chest Press**



**[QIS-8010] Adjustable Cable Column**



**[QIS-8012] Shoulder Press**



**[QIS-8016] Biceps Curl**

# I Series



[QIS-8018] Triceps Extension



[QIS-8030] Leg Extension



[QIS-8034] Seated Leg Curl



[QIS-8036] Horizontal Leg Press



[QIS-8038] Seated Leg Press



[QIS-8112] Converging Shoulder Press



**[QIS-8113] Converging Chest Press**



**[QIS-8200] Power Crunch 2000**



**[QIS-8250] Power Crunch 2500**



**[QIS-8300] Lat Pulldown**



**[QIS-8500] Power Quad**



**[QIS-8509] Multi-Press**

# I Series



[QIS-8516] Pec/Rear Deltoid



[QIS-8519] High Lat/Mid Row



[QIS-8525] Biceps Curl/Triceps Extension



[QIS-8540] Seated Row/Upper Back



[QIS-8541] Glute Shaper



[QIS-8542] Abdominal/Back Extension



[QIS-8550] Multi-Hip



[QIS-8556] Seated Leg Curl/Leg Extension



[QIS-8566] Hip Abduction/Adduction



[QIS-8593] 15° Leg Press/Calf Raise



TREADMILL



ELLIPTICAL



STRENGTH



HYDRAULIC

To see our other fitness equipment visit [www.quantumfitness.com](http://www.quantumfitness.com)

Model #	Description	Dimensions	Weight	Weight Stack
QIS-8000	Muscle Trainer w/ Flat/Incline Adjustable Bench	77 x 52 x 77 in/196 x 131 x 196 cm	450 lb/203 kg	2 x 150 lb/68 kg
QIS-8001	Muscle Trainer without Adjustable Bench	24 x 52 x 77 in/60 x 131 x 196 cm	450 lb/203 kg	2 x 150 lb/68 kg
QIS-8002	Adjustable Cable Crossover with Chin Up Bars	152 x 27 x 90 in/386 x 69 x 229 cm	700 lb/318 kg	2 x 150 lb/68 kg
QIS-8003	Adjustable Cable Crossover with Double Pulleys	152 x 27 x 90 in/386 x 69 x 229 cm	715 lb/324 kg	2 x 150 lb/68 kg
QIS-8004	Vertical Chest Press	40 x 54 x 68 in/102 x 137 x 173 cm	500 lb/227 kg	250 lb/113 kg
QIS-8010	Adjustable Cable Column w/ Clinical Accessories**	53 x 48 x 90 in/135 x 122 x 229 cm	300 lb/136 kg	150 lb/68 kg
QIS-8012	Shoulder Press	58 x 59 x 68 in/147 x 150 x 173 cm	500 lb/227 kg	200 lb/91 kg
QIS-8016	Biceps Curl	42 x 44 x 68 in/107 x 112 x 173 cm	370 lb/168 kg	150 lb/68 kg
QIS-8018	Triceps Extension	42 x 44 x 68 in/107 x 112 x 173 cm	370 lb/168 kg	150 lb/68 kg
QIS-8030	Leg Extension w/ASR*	50 x 48 x 68 in/127 x 122 x 173 cm	550 lb/249 kg	250 lb/113 kg
QIS-8034	Seated Leg Curl w/ASR*	62 x 48 x 68 in/158 x 122 x 173 cm	500 lb/227 kg	200 lb/91 kg
QIS-8036	Horizontal Leg Press	83 x 44 x 73 in/211 x 112 x 185 cm	800 lb/363 kg	400 lb/181 kg
QIS-8038	Seated Leg Press	74 x 28 x 70 in/188 x 71 x 178 cm	630 lb/286 kg	300 lb/136 kg
QIS-8112	Converging Shoulder Press	51 x 58 x 68 in/130 x 147 x 173 cm	550 lb/249 kg	200 lb/91 kg
QIS-8113	Converging Chest Press	50 x 59 x 68 in/127 x 150 x 173 cm	550 lb/249 kg	200 lb/91 kg
QIS-8200	Power Crunch 2000	63 x 40 x 68 in/160 x 102 x 173 cm	420 lb/191 kg	200 lb/91 kg
QIS-8250	Power Crunch 2500	76 x 34 x 68 in/193 x 86 x 173 cm	440 lb/200 kg	200 lb/91 kg
QIS-8300	Lat Pulldown	76 x 28 x 90 in/193 x 71 x 229 cm	400 lb/181 kg	250 lb/113 kg
QIS-8500	Power Quad	63 x 45 x 68 in/160 x 114 x 172 cm	500 lb/227 kg	200 lb/91 kg
QIS-8509	Multi-Press: Bench/Incline/Shoulder	81 x 58 x 68 in/206 x 147 x 173 cm	540 lb/245 kg	200 lb/91 kg
QIS-8516	Pec/Rear Delt	56 x 28 x 83 in/142 x 76 x 198 cm	350 lb/159 kg	200 lb/91 kg
QIS-8519	High Lat/Mid Row	74 x 28 x 90 in/188 x 76 x 229 cm	350 lb/159 kg	200 lb/91 kg
QIS-8524	Weight Assisted Chin/Dip	69 x 32 x 88 in/175 x 81 x 224 cm	400 lb/181 kg	180 lb/81 kg
QIS-8525	Biceps Curl / Triceps Extension	53 x 45 x 76 in/135 x 114 x 193 cm	370 lb/168 kg	150 lb/68 kg
QIS-8540	Seated Row/Upper Back	59 x 52 x 68 in/150 x 132 x 173 cm	460 lb/209 kg	200 lb/91 kg
QIS-8541	Glute Shaper	49 x 46 x 68 in/124 x 117 x 173 cm	400 lb/181 kg	250 lb/113 kg
QIS-8542	Abdominal/Back Extension	55 x 46 x 68 in/140 x 117 x 173 cm	360 lb/163 kg	200 lb/91 kg
QIS-8550	Multi-Hip w/ASR*	50 x 45 x 74 in/127 x 114 x 188 cm	600 lb/272 kg	300 lb/136 kg
QIS-8556	Seated Leg Curl/Leg Extension	62 x 48 x 68 in/147 x 122 x 173 cm	400 lb/181 kg	200 lb/91 kg
QIS-8566	Hip Abduction/Adduction	72 x 28 x 68 in/183 x 71 x 173 cm	375 lb/170 kg	150 lb/68 kg
QIS-8593	15° Leg Press/Calf Raise	70 x 45 x 68 in/178 x 114 x 173 cm	550 lb/249 kg	300 lb/136 kg