

PUMPHOUSE FITNESS SYSTEMS

295-19358-96TH AVE., SURREY, BC V4N 4G2

QUALITY AT AFFORDABLE PRICES

Our company manufactures a wide variety of weight equipment including: free weight benches, racks and accessory apparatus, free standing selector zed weight machines, and a variety of multi gyms. The quality of our products is excellent. The diversity of our manufacturing capacity is our trademark. We have some excellent in-house products but do not restrict your choice to just our designs. Our design department can accommodate just about anything you may have in mind.

Features that are common across the board with any item that we manufacture are: quality construction, biomechanical accuracy, and value for your purchase price. Our products are manufactured from the highest quality components. The steel frame is constructed from a combination of 2" x 2" x 1/8" thick steel tube and 2" x 3" x 1/8" thick tube steel. The frame is finished with an attractive powder coated electrostatic finish, which provides a beautiful and durable final product. Our pivot points are fitted with oil lite bushing or pillow block bearing. The pulleys are reinforced fiberglass with a precision sealed ball bearing core. Cables are either 2000lb or 4800lb tensile strength and coated with nylon for extended wear. Upholstery is the very highest quality consisting of a 3/4" plywood base, extra firm foam, and the highest quality vinyl cover.

Warranty includes lifetime on the frame, five years on bushings and bearing, 6 months on cables (product defects only) and 90 days on upholstery. Our own service department is available to install your new equipment. Training sessions are provided to assist your staff keep the products running efficiently and effectively. We also provide training sessions and equipment, to allow your staff to make and install your own cables



SELECTORIZED LOWER BODY MACHINES



COMPLETE SELECTION OF UPPER BODY SELECTORIZED MACHINES



MOST COMPREHENSIVE LINE UP OF MULTI GYMS IN THE MARKET



TOUGH AND COST EFFECTIVE OLYMPIC PLATE LOADING BENCHES AND EQUIPMENT



A FULL COMPLEMENT OF ADJUSTABLE BENCHES

WEB SITE: www.pumphousefitness.com;

PH: 604-888-1646; FAX: 604-888-1576

...our standing leg curl is fitted with an adjustable pivot point height allowing users of all body sizes to line up the pivot point of the lever arm with that of the knee.



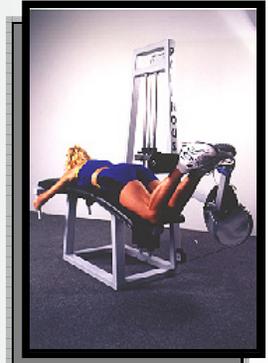
LEG EXT (CP)



LEG EXT (SP)



PRONE LEG CURL (CP)



PRONE LEG CURL (SP)

... the same unit is fitted with an adjustable attachment for the cable drive. This allow the mechanics of the cable and lever arm to be adjusted which in turn allows the user to adjust the working weight



SEATED LEG EXT/ PRONECURL COMBO (CP)



STANDING LEG CURL

...Our seated leg extension/prone leg curl is unique in the industry as it is designed to include an adjustable back pad. This allows users of varying sizes to adjust the machine to meet there body sizes. In addition the angle of the back pad is also adjustable.



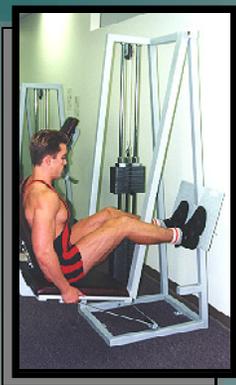
SEATED LEG EXTENSION/SEATED LEG CURL COMBO



SEATED LEG EXTENSION (WITH ADJUST BACK PAD) PRONE LEG CURL

...All of our leg levers are fitted with adjustable leg rollers assemblies.

...All side pivoting lever arms are complete with range of motion assemblies



SWING LEG PRESS

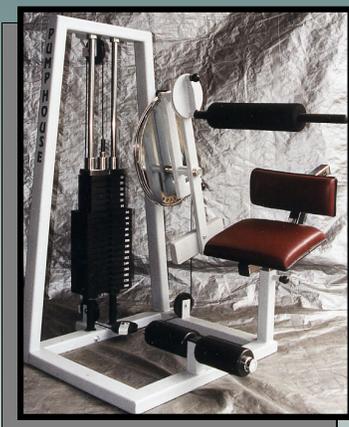


PRONE LEG PRESS



SEATED LEG PRESS

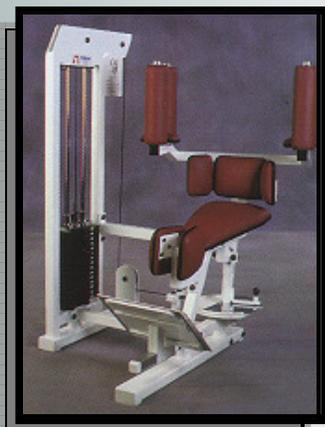
...we employ a pivoting lever arm assembly as moving part of these leg press units. There are several manufactures utilizing a moving carriage, either on linear bearing or wheels. Should this be a preference for your facility we will manufacture the product to meet your requests.



ABDOMINAL CRUNCH



ABDOMINAL/BACK



ROTARY TORSO



REVERSE BACK EXTENSION

...all of our equipment is designed to be accommodating to all body sizes and bio-mechanically accurate for the intended isolation . The hip units below are just another example of this. Each is fitted with an adjustable back rest designed to provide maximum support to the back while performing the exercise. The variation in back rest position will allow isolation of different aspects of the gluts.

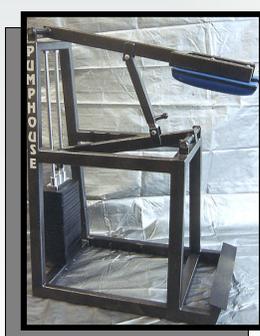
..our standing calf machine is designed with no cables. This prevents the typical tremendous maintenance cost associated with cable changes on these machines.



HIP ABDUCTION MACHINE



H IP ADDUCTION MACHINE



STANDING CALF

BILATERAL DESIGNS

Our company manufactures a wide variety of upper body machines. Of course we produce the **standard bilateral upper** body units. The bilateral units are defined as having a left and right handles that are linked together forming one common lever system. If one pushes or pulls on one handle the opposite side will move in the same direction and degree.

The typical upper body exercised are available in this bilateral format, i.e.: bench press, incline press, decline press, bench press, shoulder press, chest supported lever row, and lat pull down are all available.

The bilateral “bench” illustrated is a unique product to our company. The floating arms require the user to utilize the stabilizing muscles of the shoulder rather than just the pectorals. This feature allow for a training effect that better approaches that realized with free weights.

The same floating arms allow the user to perform an incline chest press and/or a decline chest press in the same machine. In short, one machine can provide for all three chest press routines. An operator may choose to purchase two or three machines in order to accommodate high traffic through the fitness center

We also manufacture the standard fixed lever arm machines as well.



BILATERAL MULTI PRESS



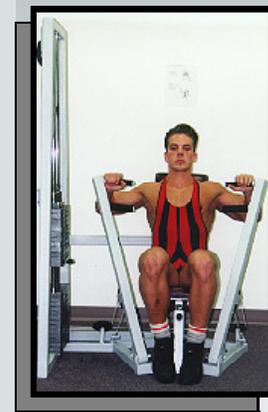
BILATERAL CHEST SUPPORTED ROW



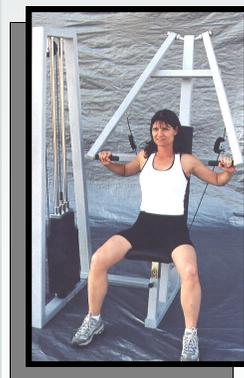
BILATERAL SHOULDER PRESS



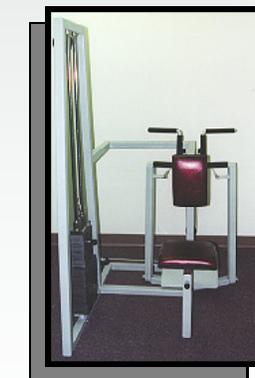
UNILATERAL CONVERGING SHOULDER PRESS



UNILATERAL CONVERGING BENCH PRESS



UNILATERAL CONVERGING INCLINE PRESS



CHEST SUPPORTED CONVERGING LEVER ROW



UNILATERAL CONVERGING AND DIVERGING DESIGNS

Pumphouse has developed a unique line of **UNILATERAL UPPER BODY MACHINES**. These units have been designed such that their lever arms track in a fashion similar to that of the popular Hammer Strength Products, i.e.: **CONVERGING OR DIVERGING TOWARD OR AWAY FROM THE MID LINE OF THE USER'S BODY**. Our products incorporate this range of motion into **selectorized machines**. These units occupy a much smaller foot print, require no plates to be loaded on or off of the machine, and are not designed to be more user friendly meeting the needs of the average fitness participant.

The above converging or diverging nature of the machines lever arms is made even more unique in that the machines are unilateral. **The unilateral feature of these machines simple means that the left and right lever arms can operate independent of each other**. This feature allows the user to identify strength imbalances left to right and work to correct these. **The machines may utilize a single or dual weight stacks**. The second option would add additional cost to the machine but would offer a unique training protocol for the user.

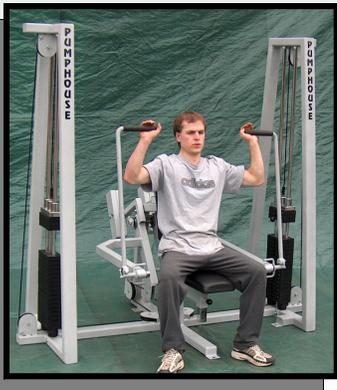
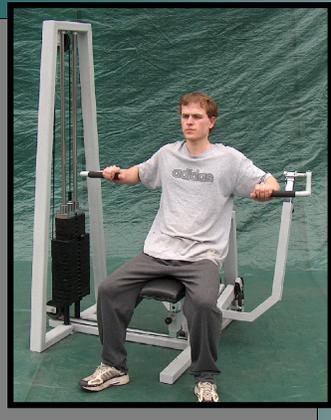
UNILATERAL FREE FLOATING LEVER ARM UPPER BODY MACHINES

The race is on between the name brand manufactures to produce and get to market the latest upper body training mode, (for lack of a better name): "free motion". Most professional fitness practitioners realize that "free weights training regimes" will provide for significantly different training benefits than that realized with machines. Free weights necessitate the inclusion of not just the superficial muscles of the chest and/or upper back in order to perform a free weight lifts. Support or postural muscles must also be involved to stabilize the shoulder joint, as well as, determine the angle of the movement and the rate of convergence, through the full range of motion. Typically, upper body strength machines provide for this stabilization function and as a result, illuminate any training effect for these supporting muscles. Without the training, these support muscles loose their abilities to stabilize the joint. With the increasing strength of the superficial muscles, the shearing forces they create on the joint (that tend to tear the joint apart), become more than the support muscles can manage. This will eventually lead to injury of these support muscles. A tear or strain to the rotary cuff muscles is a typical result.

The move in the industry is to design machines that will provide for the typical upper body exercise, i.e bench press, incline press, decline press, etc., but do so in a manner that eliminates the support that the lever arms normally provided during the exercise.

The "Free Motion Bench Press", is an example of what is available under that "Free Motion" brand name. Similar products are now available with Life Fitness, Nautilus, Cybex, and several others. Many of these manufactures use an adjustable duplex cable system combined with an adjustable bench, to provide the same type of "free motion" training. Although these are relatively inexpensive machines to manufacture, the average selling price has been posted in the \$4000, plus range. Our company can produce an adjustable duplex pulley system with an adjustable bench for the price of about \$2625.

We also produce upper body training machines that employ a free floating lever arm system (FFLA). Our average cost for one of these units is \$2159 (discounted). Pumphouse FFLA upper body training machines are illustrated to the left. At the top of the display you will note a Free Floating Lever Arm Bench press. This is followed in sequence by a decline chess press, incline chest press, and military bench. The unique pressing arms are free to float in both the horizontal and the vertical planes. The user must establish an angle of push and rate of convergence and then maintain this throughout the range of motion. The support muscles in the shoulder are involved fully in this type of exercise. The results are a free weight training effect accomplished with a machine.

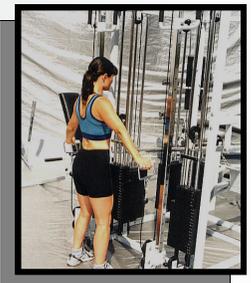
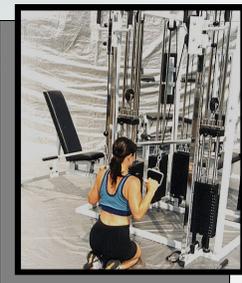
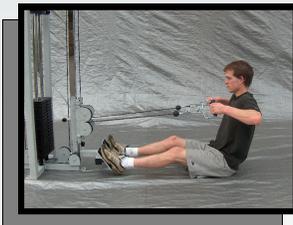
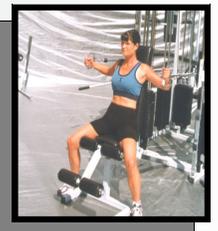
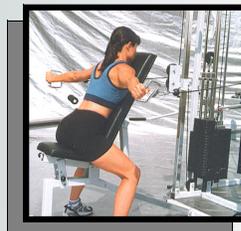
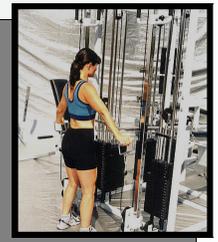


Our adjustable cable columns or pulley systems have become the principle component in many physiotherapy centers in BC and Alberta. These units are now shipped all over North America and provide all our customers with the ability to provide their clientele with a tremendous selection of exercise options.

We have introduced a new option to the standard adjustable cable column. This is the double swivel pulley. This option is illustrated to the left, i.e: two swivel pulley's with accompanying cable end, mounted on the adjustable height assembly of the cable column. The user can now perform many of the exercises in a Unilateral format.

The double swivel pulley option is so popular that it has become the standard, rather than the option. We have sold only one standard model since introducing the option two years ago. Some examples of the exercise possibilities are illustrated.

There are many combination of adjustable cable columns that can be manufacture by our company. The adjustable duplex pulley system is illustrated to the right (two adjustable cable columns in one frame). We have customized many multiple adjustable cable systems for our customers. Several centers have incorporated as many as 6 weight stack into a large multi gym format.



The above represents just a few of the unilateral exercises that can be performed on our adjustable cable column fitted with our new double swivel pulley assembly. Note the unilateral function is possible using only one weight stack.

Our duplex pulley system provides for the same unilateral functions but requires two weight stack to achieve this. This duplex pulley can also be equipped with a double swivel pulley on each adjustable column greatly increasing the number of users that can be accommodated with each weight stack.

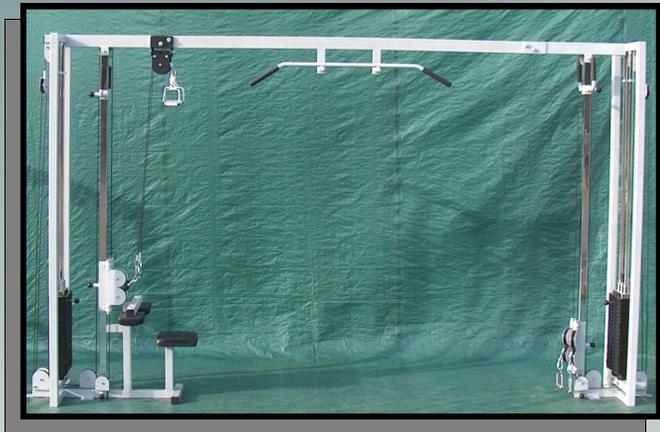


LAT PULLDOWN



LAT PULL DOWN/SEATED ROW

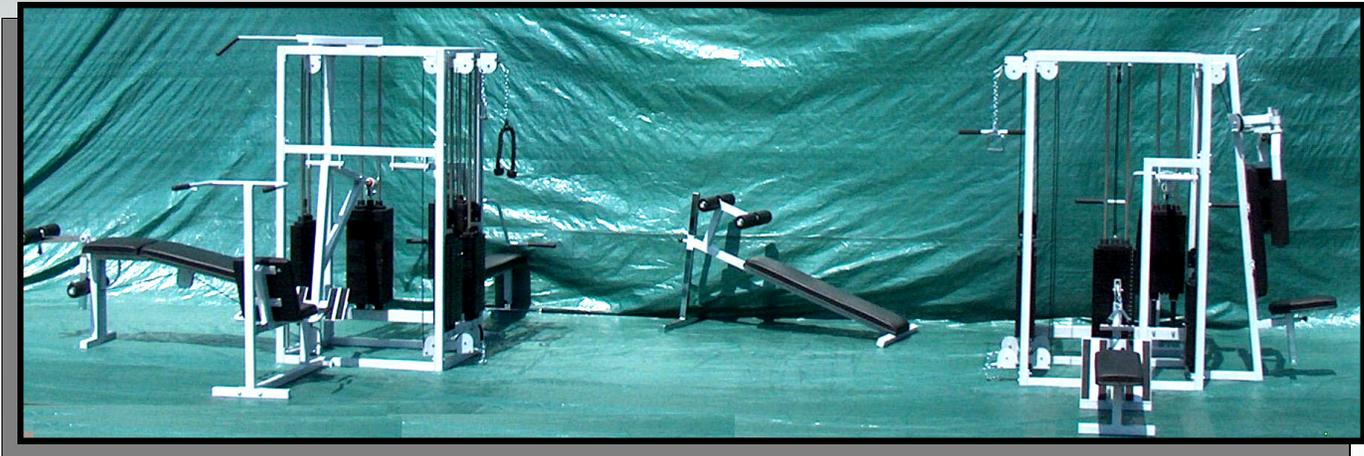
CABLE CROSS OVER



ADJUSTABLE CABLE CROSS OVER (WITH UNILATERAL SEATED LAT PULL DOWN ATTACHMENT)



ADJUSTABLE CABLE CROSS OVER WITH SEATED CABLE ROW AND SEATED LAT PULL DOWN



....Our company can manufacture a tremendous variety of cable or pulley systems, specific to the needs of your facility. These systems need not to consist of just cable or pulley station. If it makes sense from a budgetary, square footage, or cosmetic standpoint, then we will work with you to provide the best fit layout. In several schools and community centers, large multi gyms form the core of the gym layout. These provide for a tremendous number of exercise options. The new focus of "free Motion training protocols" has provided even more motivation for the acquisition of these valuable assets for you gym.

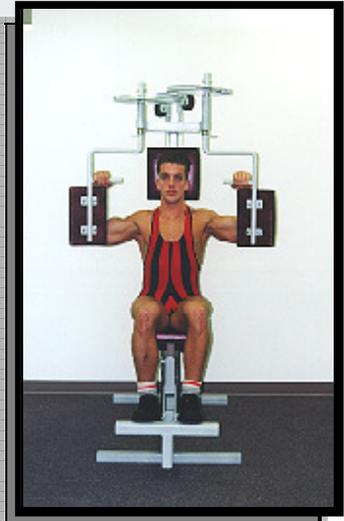
Both the adjustable pec dec and pec fly/reverse fly are available as illustrated or with an adjustable seat/back pad assembly that has the ability to be adjusted to provide an "angle back" pec fly. The seat/back pad assembly is pivoted about the level of the user's shoulder and a pop pin assembly unlocks the system, allowing it to swing out, resulting in an angled back (maximum angled of about 25 degrees). This angled back position allows the user to concentrate on the lower pectorals.



PEC FLY/REVERSE FLY



SIDE WEIGHT STACK PEC DEC



ADJUSTABLE PEC DEC

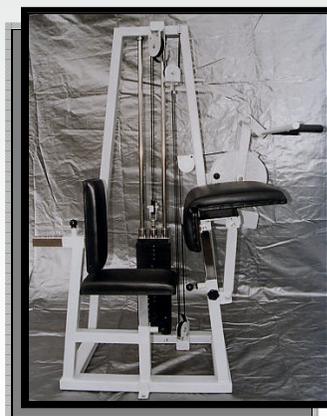


CHIN DIP ASSISTED MACHINE COMPLETE WITH ADJUSTABLE GRIP WIDTHS



The chin dip assisted unit illustrated to the right, is unique to the industry. It is designed with both adjustable width for the chin and dipping grip handles. This allows users of all body sizes to use the machine effectively.

Biceps/triceps combo unit illustrate is fitted with an adjustable upper arm pad that adjust from the horizontal position to an angled position for preacher curls.



BICEPS/TRICEPS COMBO ALSO AVAILABLE AS SEPARATE UNITS

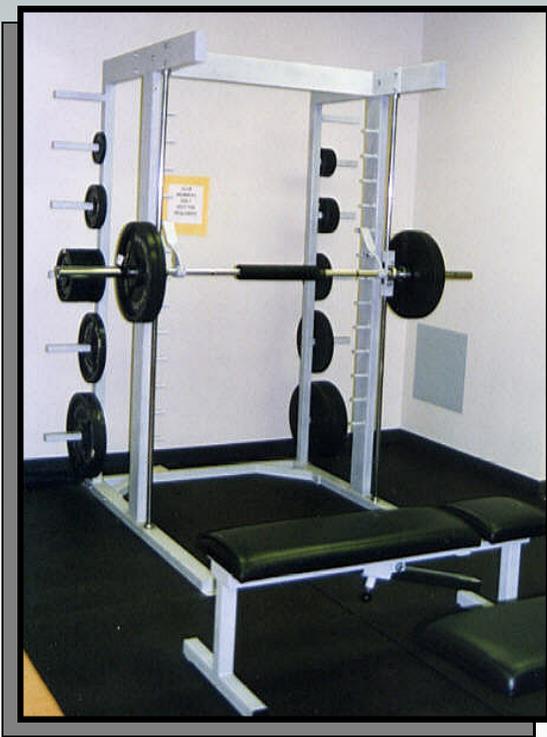


SQUAT CAGE C/W WEIGHT HORNS



COUNTER WEIGHTED ADJUSTABLE SMITH/SQUAT CAGE COMBO

Squat cages can take on a number of configurations and sizes. The unit displayed has been our most successful style (with the weight racks located on the bottom of the frame). The footprint of the cage is 4' x 4' allowing the user plenty of room to maneuver through any number of exercises. This footprint can be altered once again to meet with customer's specifications. This can provide for even more room or less room within the cage. Another popular configuration is the addition of the weight racks at one end of the rack, mounted vertically rather than as illustrated.



STANDARD COUNTER WEIGHTED SMITH



COUNTER WEIGHTED SMITH ADJUST 0-10 DEGREES

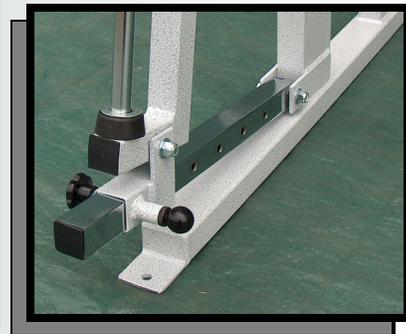
....All linear bearings are tephlon coated cylinders. We do not use ball bearing linear bearings as these are subject to foreign objects getting into the bearing and destroying their function and the guide rods these run on. The tephlon linear bearing do not have this problem

PUMPHOUSE FREE WEIGHT EQUIPMENT AND APPARATUS

...we cannot emphasize the value of our adjustable Smith Press. This unit provides the user with the choice between a vertical or angled press or squat. Currently, our company is the only manufacture offering this option. The purchase of a fixed angled Smith Press will only limit the use of this unit to squats.

...as with all of our products, we can manufacture what ever features you with into a given product. The Preacher Curl bench to the right has adjustable chrome bar standards, adjustable seat, and adjustable arm/chest pad

...we still recommend the use of wheels rather than linear bearing for our leg press and hack squat machines



OUR LATEST DESIGN FOR OUR ADJUSTABLE 0-10 DEGREE SMITH PRESS

The above Counter Weighted Adjustable Smith Press illustrates the most recent options we are making available. On the previous page we illustrated the most simple design where a simple pin is used to lock the standard into place at various angles from 0-10 degrees. The above unit illustrates a much more convenient design of a pop pin and chromed adjustable assemblies that allow the user to choose the angle of the standards.



ADJUSTABLE SEATED PREACHER
CURL BENCH



45 DEGREE INVERTED LEG PRESS

PUMPHOUSE FREE WEIGHT EQUIPMENT AND APPARATUS

...we manufacture both the combination hack squat/ leg press combo as well as, the leg press and hack squat individual units. This is the only true commercial combination unit in the industry



...all of our Olympic benches are available with fixed uprights with fixed welded bar rests or with the chromed adjustable bar rests



... all Olympic benches come with spotters stands as a standard inclusion, not an option



...weight horns are optional with any of our Olympic benches.



PUMPHOUSE FREE WEIGHT EQUIPMENT AND APPARATUS

...chest supported lever row options. Those illustrated are bilateral units, one seated, one prone. Unilateral units are also available.



....seated calf machines illustrating a unique optional designed to our standard tilt seat/ fixed height. This unit illustrated our adjustable height option to the seat.



...we have presented just a few of the benches that we manufacture. The customer can request specific features including steel sizes and basic bench style.



...Our adjustable incline bench is one of the nicest in the industry. It provides an adjustable back and seat that is separated by only 1/2", no large gap between these pads as typical in the industry.



...45 DEGREE BACK EXTENSION THIS UNIT IS AVAILABLE WITH A FIXED ANGLE OR ADJUSTABLE ANGLE 30-60 DEGREES

...UNIQUE TO THE INDUSTRY, OUR COMBINATION HORIZONTAL/45 DEGREE BACK EXTENSION

...WE ALSO OFFER A MORE ADVANCED BACK EXTENSION/HAMSTRING CONDITIONER.

...VARIOUS ABDOMINAL CONTIONERS

.....MISC BENCHES



ADJUSTABLE 30-60 DEGREE BACK EXTENSION



COMBINATION HORIZONTAL/45 DEGREE BACK EXTENSION



BACK EXTENSION/GLUTE /UPPER HAMSTRING/ GLUTE CONDITIONER



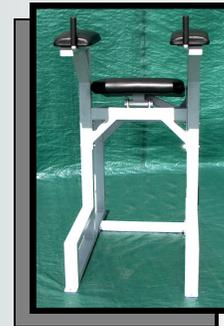
ADJUSTABLE ABDOMINAL CRUNCH BOARD



SHORT ABDOMINAL CRUNCH BENCH



LEG RAISE/REVERSE BACK EXTENSION COMBO



CHIN/DIP/LEG RAISE COMBO



LUMBAR BENCH



ADJUSTABLE INCLINE BENCH

...Our number one selling bench. A full commercial adjustable flat/incline/decline/military bench.

...The bench comes with leg roller which are necessary to keep the use on the bench when it is being used in the decline position. These are removable when not needed.

...The unit is manufactured with an extra long seat. The extra long seat moves the gap between the back pad and seat pad, out of the way of the user's butt. Most adjustable benches have a large gap between these two pads and the user butt tends to fall into this gap. In addition, the gap has been reduced to about 1/2". The bench's specially designed back pad frame assembly allows the back pad to fold up over the seat when the bench is in the incline or military bench positions.

....This bench is an excellent addition to a squat cage or Smith Press



.....the versatility of the bench continues with its ability to adjust to an abdominal crunch bench



...our Three Stack Ultima Multi -gym is designed in every way to provide our customers with work out options that would rival any full fitness center layout. The unit was designed for rehabilitation facilities, where a comprehensive selection of exercise station are required.

The quality of construction is once again full commercial. We do not down grade the construction of our multi gym units just because the unit may end up in a light commercial application

...Two low pulleys (one below the leg press fitted with foot plates for seated cable row besides many other cable exercises. The second located at the base of the leg extension/leg curl

...One high pulley allow for lat pull down, upper back row, triceps extension, etc.

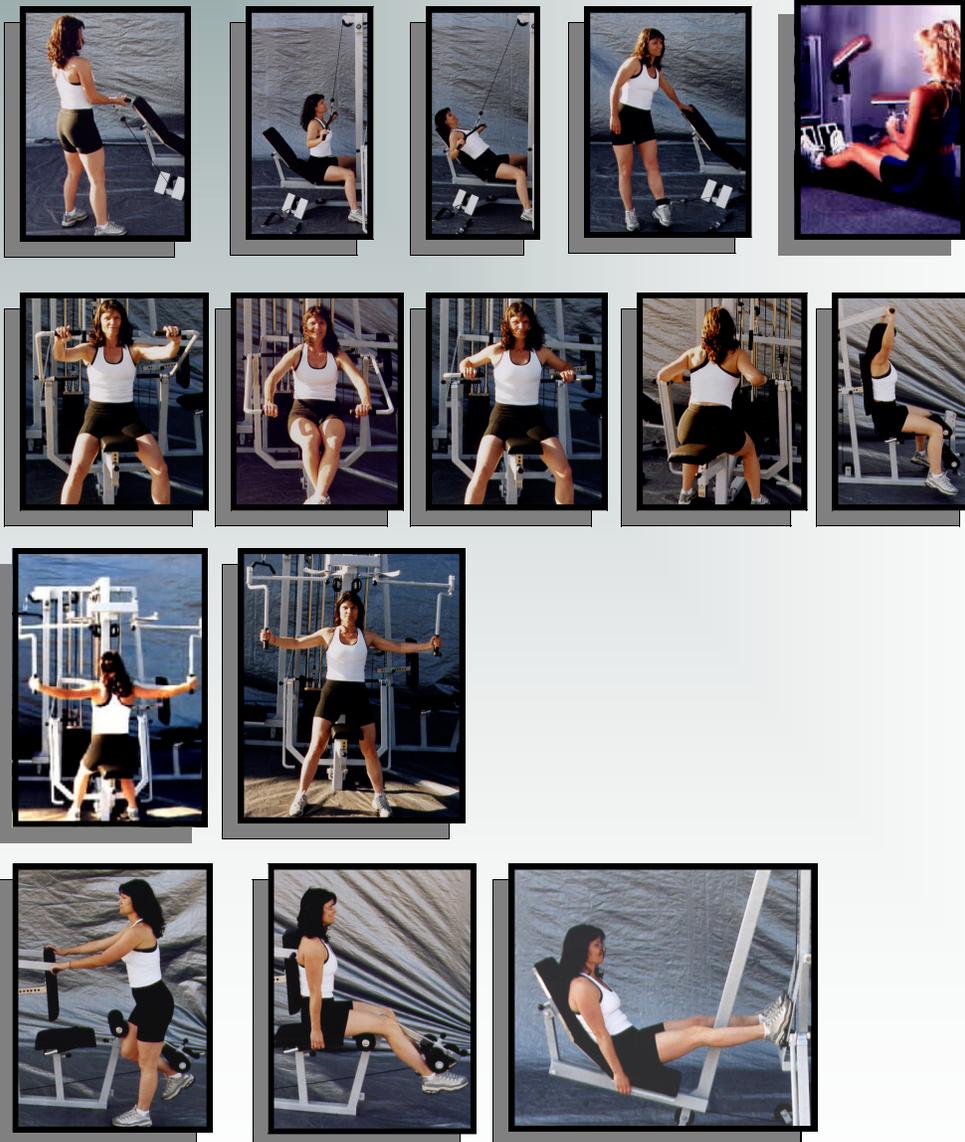
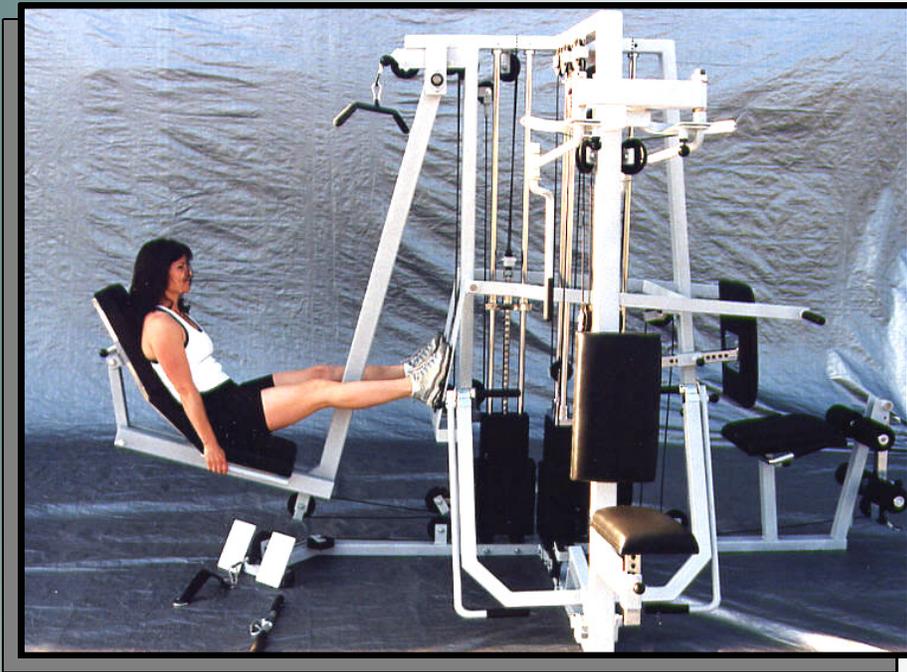
...FFLA Multi Press: Free Floating Lever Arms Multi Press. This system is identical to that provided as a free standing units. The system allows the user to perform: incline press, standard bench press, decline press, and chest supported lever row. The free floating lever arms allow for a training effect that mimics that achieved with free weight training programs.

...Pec fly/reverse fly

...Leg extension/standing leg curl

...Seated and prone leg press

...Lever based shoulder press





**CUSTOMIZED FIVE STACK
ULTIMA**

This unit was designed for one off our customers in the BC Government Corrections Dept. It was sold in conjunction with another modified five stack unit (see next page). The two were fitted each with duplex pulleys. The gyms were placed about 9 feet apart with the duplex pulleys facing each other creating a double cable cross over option.

The layout options are endless with this type of "Jungle Gym" layout. We can custom manufacture a unit specific to your needs/



DUPLEX PULLEY SYSTEM



INCLINE SHOULDER PRESS



PEC DECK



SEATED CABLE ROW

**FIVE
STACK UL-
TIMA
MULTI GYM**
**JUST ONE
VARIATION
OF THIS
UNIT**
**CUSTOM
UNITS**



SEATED LEG
PRESS

DIP STATION

BENCH PRESS
C/W ADJUST-
ABLE FLAT
BENCH



LEG EXTEN-
SION/LEG
CURL COMBO

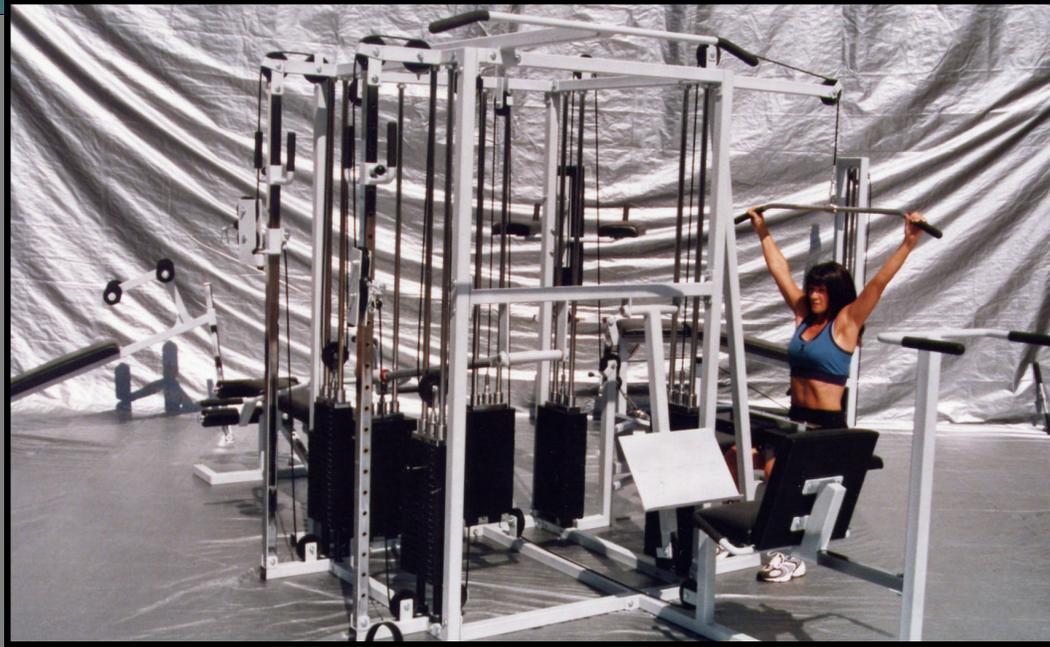


DUPLEX
PULLEY



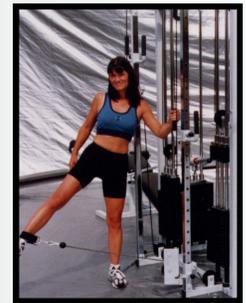
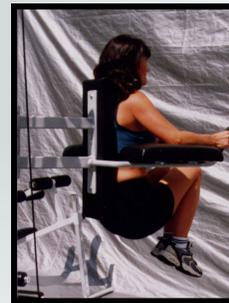
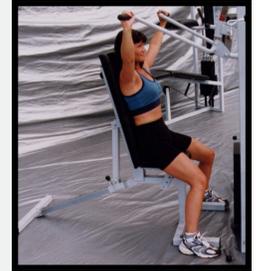
CHIN BAR





**SEVEN STACK
ULTIMA
MULTI GYM**

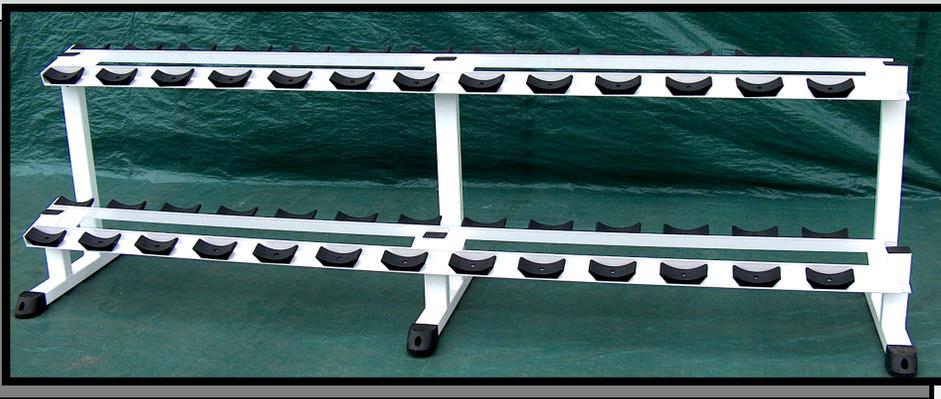
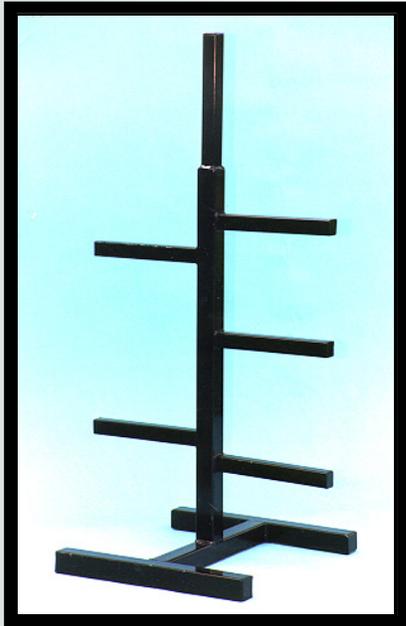
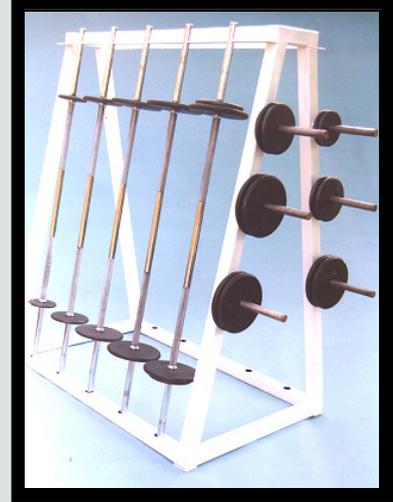
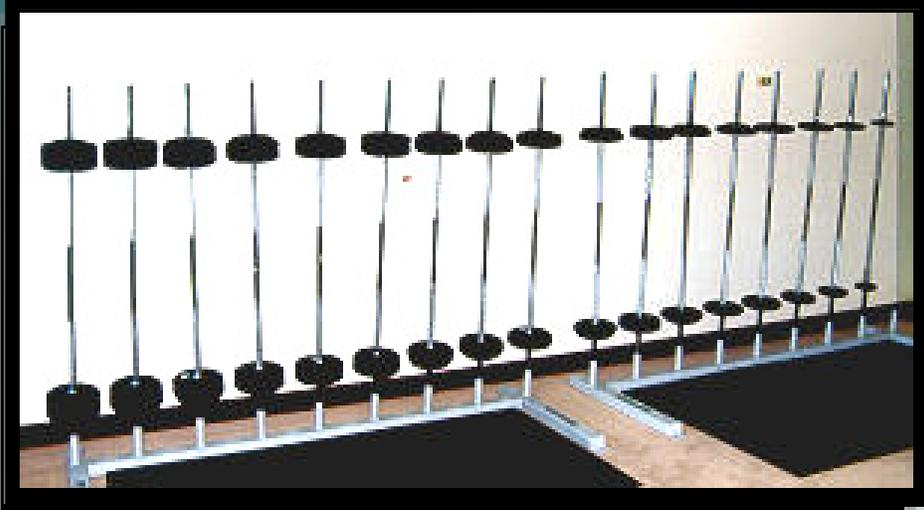
**MOST COMPRE-
HENSIVE MULTI
GYM IN THE IN-
DUSTRY**



...COMPLETE WITH MULTI PRSS ADJUSTABLE FIDM BENCH AND MULTI PRESS LEVER ARM; SEATED CABLE ROW; SEATED LAT PULL DOWN; SEATED LEG PRESS; ADJUSTABLE DUPLEX PULLEY SYSTEM; FREE STANDING LEG EXTENSION LEG CURL COMBO; CHIN BAR, DIP STATION; LEG RAISE; ADBDOMI-NAL CRUNCH BENCH; CUSTROM LAYOUT AVAILABLE (SEE NEXT PAGE)

This unit was designed to meet the requirement of one of our physiotherapist customers. The layout consists of: seated lat pull down, seated cable row, two adjustable duplex pulley system (one free standing, the other as part of the main multi gym frame), one swing leg press, one pec fly/reverse fly, one seated leg extension/prone leg curl, and one multi press stations (featuring Free Floating Lever Arm (FFLA) system).





...As with all of our other equipment the racks that we manufacture are done so specific to what is required for your facility.

...Custom lengths and tiers for our dumbbell racks is common

...Custom Olympic Weight racks is another feature we can offer you