



FORÇA

PL & LY 2026

Catálogo com equipamentos de força, imagens da linha e informações para seleção técnica.

Conteúdo completo preservado

Todas as paginas internas seguem em formato premium padronizado.

FORÇA

PL & LY 2026

LY49C

4 Multi Station



Product Parameters

Size : 3860*2560*2440 (MM)

FORÇA

PL & LY 2026

LY49D

4 Multi Station



Product Parameters

Size: 3860*1750*2440 (MM)

FORÇA

PL & LY 2026

LY49E

4 Multi Station



Product Parameters

Size: 2570*2410*2440 (MM)

FORÇA

PL & LY 2026

LY59B

5 Multi Station



Product Parameters

Size	5340*3860*2440 (MM)
------	---------------------

FORÇA

PL & LY 2026

LY89B 8 Multi Station

LY89C 8 Multi Station



Product Parameters

Size : 6350*3860*2440 (MM)

Product Parameters

Size : 7180*3860*2440 (MM)

FORÇA

PL & LY 2026

LY16 PRO

16 Multi Station



Product Parameters

Size : 7740*6850*2440 (MM)

FORÇA
PL & LY 2026

L-SHAPED

16 Multi Station



Product Parameters

Size: 10190*6240*2440 (MM)

FORÇA

PL & LY 2026

LY MORE

16 Multi Station



Product Parameters

Size : 14720*3860*2440 (MM)

FORÇA

PL & LY 2026

PL-08

Multi-functional Smith Machine



Functional Parameter

Size (mm) :	2270X1950X2315
-------------	----------------

Main Functions

Flat Bench Press	Lateral Raise	High Bar/Parallel Bar	T-Bar Rows	Extension Bar
Incline Bench Press	Front Raise	Push-Up	Front Raise	Mechanical Arm Squat
Decline Bench Press	Side Waist Pull	Seated Row	Spring Training Belt	Mechanical Arm Free Press
Seated Bench Press	Standing Bench Press	Chin-Up	Mechanical Arm Extension	Mechanical Arm One-Arm Press
Smith Machine Squat	Biceps Curl	High Reverse Fly	Mechanical Arm Deadlift	Mechanical Arm Deep Deadlift
Smith Machine Deadlift	Seated Lat Pulldown	Biceps & Triceps TRX	High Push-Ups	Mechanical Arm One-Arm Pullover
Smith Machine Shrug	High/Median/Low Cable	Barbell Free Twist	TRX Inverted	Barbell Free Squat
				Smith Machine Leg Press

PL-08A

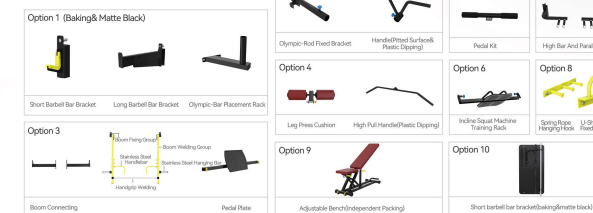
Multi-functional Smith Machine



Functional Parameter

Size (mm) :	2270X1950X2315
-------------	----------------

Main Functions



FORÇA

PL & LY 2026

PL-12



Product details

Size (mm) : 3290X2380X2220

Main Functions

Chest press	Straight Arm Pull-down	Bicep curl Pull-down	Biceps Extension	Abdominal crunch
Wrist Joints training	Seated Row	Back Flexion	Knee bend	Adjustable Dumbbell chair
Kick Training	Leg Curl	Side-leg kick	Kick back	Standing lift
Pec Fly	Pull-up	Dip Training	Leg curl	

PL-12 3 STATIONS



Muscles Trained

Pectoralis Clavide	Deltoid Anterior	Biceps brachii	Triceps
Anterior arm muscle group	Latissimus Dorsi	Trapezius	Teres Major
Teresminor	Rectus Abdominis	Gluteals	Biceps brachii
Quadriceps Femoris muscle	Calf muscles	Inner and outer Thigh muscle group	

FORÇA

PL & LY 2026

PL-12A



Product details

Size (mm) : 2010X960X2140

Main Functions

Chest press	Pec Fly	Straight Arm Pull-down	Bicep curl Pull-down
Biceps Extension	Wrist Joints training	Seated Row	Back Flexion
Knee bend	Kick Training	Leg Curl	Side-leg kick
Kick back			

PL-12A 1 STATION



Muscles Trained

Pectoralis Clavicle	Deltoid Anterior	Biceps brachii	Gluteals
Anterior arm muscle group	Latissimus Dorsi	Trapezius	Teres Major
Teresminor	Rectus Abdominis	Gluteals	Biceps brachii
Quadriceps Femoris muscle	Inner and outer Thigh muscle group		

FORÇA

PL & LY 2026

PL-13 4 STATIONS



Muscles Trained

Pectoralis Clavicle	Deltoid Anterior	Biceps brachii	Triceps
Anterior arm muscle group	Latissimus Dorsi	Trapezius	Teres Major
Teresminor	Rectus Abdominis	Gluteals	Biceps brachii
Quadriceps Femoris muscle	Calf muscles	Inner and outer Thigh muscle group	

PL-13



Product details

Size (mm) : 3290X2950X2220

Main Functions

Chest press	Straight Arm Pull-down	Bicep curl Pull-down	Biceps Extension	Abdominal crunch
Wrist Joints training	Seated Row	Back Flexion	Knee bend	Adjustable Dumbbell chair
Kick Training	Leg Curl	Side-leg kick	Kick back	Standing lift
Leg Kick training	Pull-up	Dip Training	Leg curl	