



CARDIO



MUSCULATION



FREE WEIGHT



PETIT MATERIEL



NEARLY NEW FIT





# Votre sport, c'est notre passion.

Située en Belgique, au carrefour de l'Europe, la société **ISG** vous propose depuis plus de 20 ans une gamme unique de matériel de fitness et de bien-être.

Distributeur officiel des marques Cybex et SportsArt, **ISG** a réussi au fil des années à tisser un réel partenariat avec ses fournisseurs; ce qui constitue la meilleure des garanties pour le client avant, pendant et après la vente.

La réputation d'**ISG** repose sur l'expertise unique de son équipe : écoute, conseil, démonstration, devis et projet d'implantation, installation et mise en service, nous mettons tout en oeuvre pour que chacune de nos réalisations soit une success story.

***ISG, la passion du sport depuis 20 ans***





## Cardio training

Un entraînement efficace  
pour un sport plaisir.

Les produits de cardio training sont devenus incontournables dans la pratique du fitness et de la remise en forme.

Toutes les machines distribuées par **ISG** sont conçues pour rendre l'entraînement plus facile, plus convivial et surtout : plus efficace.

Chez **ISG** vous avez la garantie de trouver les dernières innovations en terme de technologie pour que votre sport rime avec plaisir.

***ISG, la passion du sport depuis 20 ans***



## T613 Treadmill

- Spacious 20" x 58" walking/running surface accommodates virtually all stride lengths.
- MyFlex™ cushioning system reduces heel strike impact and is so durable it has a lifetime warranty.
- 3.0 hp motor with .1-12 mph speed range and 0-15% incline range.
- ActivZone™ icon illustrates which muscle groups are being activated throughout the workout.
- Touch-N-Go™ programs.
- Heart rate telemetry with CardioAdvisor™ and ZoneTrainer™.
- Optional 3-speed fan.
- Optional entertainment screen bracket.



## T631 Treadmill

- The T631 treadmill delivers extreme performance and durability.
- ECO-POWR™ drive system saves energy, never requires maintenance and carries a lifetime warranty.
- 4.0 hp EAC servo motor delivers powerful performance with .1-12 mph speed range and 0-15% incline range.
- MyFlex™ deck cushioning system delivers proportional cushioning effects regardless of user weight and is so durable it has a lifetime warranty.
- Large 22" x 61" belt provides ample running/walking space and is constructed from carbon-weave, low friction material that is resistant to static buildup.



# Cardio training / Tapis de jogging

## T652 Treadmill

- **ECO-POWR™** motor uses 32% less energy than traditional motors – saving facility owners up to \$3,000 on annual electricity bills.
- 5.0 hp **ECO-POWR™** motor (with lifetime warranty) delivers powerful performance with 1-15 mph speed range and 0-15% incline range.
- New and improved MyFlex Plus™ provides 30% more deck cushioning and is so durable it carries a lifetime warranty.
- Large 22" x 61" belt provides ample running space and is constructed from carbon-weave, low friction material that is resistant to static buildup.
- EAC drive system is quieter and requires less maintenance than traditional drive systems.



## T652M Treadmill

- **ECO-POWR™** motor uses up to 32% less energy than traditional motors while still delivering 5.0 hp of performance.
- Equipped with medical/rehab specific features such as a 3% decline to 15% incline range, reverse speed up to 3 mph and adult and pediatric medical handrails.
- User rated to 500 lbs.
- MyFlex™ deck cushioning system delivers proportional cushioning effects regardless of user weight and is so durable it has a lifetime warranty.
- Large 22" x 62" belt provides ample walking space and is constructed from carbon-weave, low friction material that is resistant to static build-up.
- **LIFETIME WARRANTY** on motor, frame and cushioning system.





## T672 Treadmill

- **ECO-POWR™** motor uses up to 50% less energy while still delivering 5.0 hp of performance – saving facility owners thousands on annual electricity bills.
- **SafeStart™** motor controller offers super low .1 mph starting speed and max speed of 15 mph.
- Incline range from 0-15%.
- New and improved **MyFlex Plus™** provides 30% more deck cushioning and is so durable it carries a lifetime warranty.
- Large 22" x 62" belt provides ample running space and is constructed from carbon-weave, low friction material that is resistant to static buildup.
- **EAC** drive system is quieter and requires less maintenance than traditional drive system.





## C532U Cycles

- Multi-position handrails provide a variety of grip options.
- Low profile shroud allows easy on/off access.
- Quick & easy seat height adjustment.
- Padded oversize seat enhances comfort.
- Fore and aft seat adjustment for proper knee alignment while riding.
- 20 levels of resistance.
- Programmable without pedaling.
- Optional entertainment screen bracket.



## C532R Cycles

- Patented adjustable seat back with comfortable, breathable mesh provides air flow throughout the workout to keep users cool and comfortable.
- Lumbar pouch allows for hot or cold packs and supports low back.
- Unique step-through design allows easy on/off access.
- 20 levels of resistance.
- Programmable without pedaling.
- Infrared remote control allows user to easily change resistance during workout.
- Optional entertainment screen bracket.





## C572U Cycles

- Oversized padded seat featuring quick & easy height adjustment allows users to find the perfect exercise position.
- Fore-mid-aft seat adjustment allows for optimal seat positioning.
- Unique low-profile shroud allows easy access.
- Two sets of contact heart rate pads allow users to view accurate heart rate information in any riding style.
- Oversized pedals feature quick strap adjustment for easy customization.
- Integrated 3-speed fan.
- Self-generating\* – no outside power source required.



## C572R Cycles

- Adjustable ComfortDri™ vented seatback allows for airflow throughout the workout and is molded to provide ultimate support.
- Unique step-through design allows easy access.
- Adjustable seatback allows comfort adjustments from upright to reclining positions.
- Oversized pedals feature one-touch strap adjustment for easy customization.
- Integrated 3-speed fan.
- Self-generating\* – no outside power source required.



# Cardio training / Élliptique

## E821 Elliptical

• ...



## E822 Elliptical

• ...





## E825 Elliptical

- Dual-action motion provides a total body workout.
- 17"-26" electronically adjustable stride length allows the user to find the stride that fits their body and workout style.
- ZoneTrainer™ heart rate control programming allows the user to train more effectively.
- Vari-Stride™ program slowly varies stride length for greater calorie burn and works multiple muscle groups in one session.
- 20 levels of resistance.
- MyFlex™ pedal cushioning system provides a comfortable workout platform.
- Optional entertainment screen bracket.



## E872 Elliptical

- Electronically adjustable stride range of 17" to 29".
- Fingertip shift-on-the-fly buttons for resistance and stride length.
- Self-generating design requires no outside power to operate.
- CardioAdvisor™ displays heart rate information and goals.
- Contact and telemetry heart rate.
- Compatible with CardioActive™ Entertainment Station.





## XT20 XTrainers

- The XT20 is a total body workout machine that combines independent lower and upper body resistance, which has been proven to provide better training results than any other cardio product.
- Bidirectional or bilateral independent upper body motion/resistance.
- 270° rotational handles provide a variety of training options and include fingertip controls for both lower and upper body resistance.
- 20 levels of resistance.
- State-of-the-art display features advanced programmability, heart rate control and CardioAdvisor™.
- Comfortable 6-position reclining seat back.
- Quick & easy pedal strap adjustment.
- Unique step-through design allows easy access.

## S772 / S772TV Trainer

- The S770 features linear AND lateral motion – the only alternative trainer that does both.
- Combined forward/backward and medial/lateral motion engages both large and small muscle groups and improves core stability and balance.
- Dual-action motion burns more calories and engages more muscle groups.
- Cordless, self-generating design requires no external power to operate.
- Fingertip resistance control with 20 levels of resistance.
- Closed-chain movement protects joints.
- Contact and telemetry heart rate.
- Oversize footplates.



## S7100 Stepper

- The S7100 is a stepper that exceeds expectation.
- Silent, automotive grade poly-v belt drive system is exceptionally smooth and requires less maintenance than many other drive systems.
- Horizontal and vertical handrails accommodate a variety of hand positions.
- Cordless, self-powered design.
- 20 levels of resistance.
- 14" step range.
- 25-160 steps per minute speed range.
- Self-leveling non-skid foot pedals.



## Tapis de jogging

	T613	T631	T652	T652M	T672	T672TV
<b>PROGRAMS</b>						
Track	•		•	•	•	•
Random	•	•	•	•	•	•
Glute	•	•	•	•	•	•
Interval	•		•	•	•	•
5k/10k Flat & Hill					•	•
Hill	•					
Hill (x3)		•	•	•		
Cardio & Weight Loss HRC	•	•	•	•	•	•
Custom HR	•				•	•
Zone Trainer		•	•	•		
Fit Test-Bruce & Gerkin	•		•	•	•	•
Fit Test-Fire Fighter			•	•	•	•
Fat Burn (20 levels)			•	•		
Manual		•	•			
Manual/Reverse				•		
<b>EAC SERVO MOTOR</b>						
5. HP ECO-POWR AC SERVO (31% Energy Saver)			•	•	•	•
4.0 HP ECO-POWR AC SERVO Motor	•	•				
4.0 HP DC Motor						
<b>BELT AND DECK</b>						
20" x 58" Belt	•					
22" x 61" Belt		•				
22" x 62" Belt			•	•	•	•
MyFlex Cushioning System	•	•	•	•	•	•
<b>DISPLAY / CONSOLE</b>						
15.4" Entertainment-Ready LCD						
17" Personal Viewing Screen						•
Analogue TV (PAL, NTSC)						•
Digital TV Box Compatibility						•
Dot Matrix With LEDs		•	•	•	•	•
Dot Matrix With LCDs	•					
ActiveZone Icon		•	•	•	•	•
MyGoal Percent Complete					•	•
Optional iPod Connectivity	•	•	•	•	•	•
USB Power Port			•	•	•	•
Optional USB Power Port	•	•				
Integrated Fan					•	•
Optional Integrated Fan	•	•		•		
Optional IHP (Interactive Health Partner)	•	•	•	•	•	•
<b>DIMENSIONS</b>						
L78" x W38" x H53"	•					
L83" x W34" x H56"		•				
L83" x W39" x H55"					•	•
L86" x W38" x H57"			•	•		
<b>SPEED</b>						
0.2-24 kph			•		•	•
0.2-20 kph	•	•		•		
0.2-5 kph backward belt rotation				•		
<b>INCLINE</b>						
0-15%	•	•	•		•	•
-3-15%				•		
<b>HANDRAILS</b>						
Standard	•	•	•		•	•
Medical				•		
Optional Long Handrails	•	•	•			
Optional Central Handle Bar	•					
<b>WEIGHT LIMIT</b>	180 kgs 396 lbs	205 kgs 451 lbs	227 kgs 500 lbs	227 kgs 500 lbs	227 kgs 500 lbs	227 kgs 500 lbs
<b>UNIT WEIGHT</b>	104 kgs 229 lbs	129 kgs 284 lbs	154 kgs 339 lbs	166 kgs 365 lbs	193 kgs 425 lbs	190 kgs 418 lbs
<b>20' / 40' CONTAINER</b>	32/67 Sets	24/52 Sets	23/47 Sets	24/48 Sets	24/48 Sets	24/48 Sets

## Vélos

	C532U	C532R
<b>PROGRAMS</b>		
Track	•	•
Random	•	•
Plateau	•	•
Interval (x2)	•	•
Interval (x3)		
Hill (x3)	•	•
Cardio & Weight Loss HRC	•	•
Custom HR		
Zone Trainer	•	•
Fit Test-Bruce & Gerkin		
Fat Burn (20 levels)		
Manual		
<b>FEEDBACK OPTION</b>		
Workout level	•	•
Time	•	•
Distance	•	•
Calories	•	•
CAL/HR	•	•
Mets		
Heart Rate	•	•
Heart Rate Target	•	•
WT Loss Training Zone		
Cardio Training Zone		
RPM	•	•
Watts	•	•
Speed	•	•
MyGoal Percent Complete		
ActiveZone Icon	•	•
<b>DISPLAY / CONSOLE</b>		
10.2" Entertainment-Ready LCD		
17" Personal Viewing Screen		
Analogue TV (PAL, NTSC)		
Digital TV Box Compatibility		
Dot Matrix With LEDs	•	•
Optional iPod Connectivity		
USB Power Port		
Integrated Fan		
Optional IHP (Interactive Health Partner)		
<b>RESISTANCE</b>		
20 Levels/Electromagnetic	•	•
<b>HEART RATE MONITORING</b>		
CardioAdvisor	•	•
Contact Heart Rate	•	•
Telemetry Heart Rate	•	•
<b>ADVANCED DESIGN FEATURES</b>		
One-Touch Pedal Strap Adjustment		
ComfortDri Reclining Seatback		•
Step-Through Design		•
Self-Generating	•	•
<b>DIMENSIONS</b>		
L45" x W24" x H55"	•	
L66" x W26" x H51"		•
L73" x W26" x H51"		
<b>WEIGHT LIMIT</b>	150 kgs 330 lbs	150 kgs 330 lbs
<b>UNIT WEIGHT</b>	55 kgs 121 lbs	71 kgs 156 lbs
<b>20' / 40' CONTAINER</b>	48/99 Sets	36/74 Sets

## Élliptique, alternative cardio & stepper

C572U	C572R		E821	E822	E825	E872	XT20	S772	S772TV	S7100
		<b>PROGRAMS</b>								
•	•	Track	•	•	•					
•	•	Random	•	•	•	•	•			•
		Glute	•	•	•					
		Plateau				•		•	•	
•	•	Hill (x3)								•
		Mountain						•	•	
•	•	Interval	•		•					•
•	•	Interval (x2)		•						
		Interval (x3)				•		•	•	
•	•	Vari-Stride (x3)	•		•	•				
•	•	Cardio & Weight Loss HRC	•	•	•	•	•	•	•	•
•	•	Custom HR				•		•	•	
		Strength & Cardio Cross Training					•			
•	•	Zone Trainer	•	•	•					
•	•	Fit Test						•	•	
•	•	Fat Burn (20 levels)				•		•	•	
•	•	Manual				•	•	•	•	•
		<b>FEEDBACK OPTION</b>								
•	•	Workout Level	•	•	•	•		•	•	•
•	•	Workout Level (Arm & Leg)					•			
•	•	Time	•	•	•	•	•	•	•	•
•	•	Distance	•	•	•	•	•	•	•	•
•	•	Calories	•	•	•	•	•	•	•	•
•	•	CAL/HR	•	•	•	•	•	•	•	•
•	•	Mets				•	•	•	•	•
•	•	Watts		•		•	•	•	•	•
•	•	Heart Rate	•	•	•	•	•	•	•	•
•	•	Heart Rate Target	•	•	•	•	•	•	•	•
		RPM (Arm & Leg)					•			
		Speed						•	•	
	•	Strides / MIN	•	•	•	•				•
•	•	Total Strides	•	•	•	•		•	•	•
•	•	Stride Length	•			•				
•	•	MyGoal Percent Complete				•		•	•	
•	•	ActiveZone Icon	•	•	•	•		•	•	
		<b>DISPLAY / CONSOLE</b>								
		17" Personal Viewing Screen							•	
		Analogue TV (PAL, NTSC)							•	
•	•	Digital TV Box Compatibility							•	
		Dot Matrix With LEDs	•	•	•	•	•	•	•	•
		Optional iPod Connectivity						•	•	
•	•	USB Power Port						•	•	
•	•	Integrated Fan						•	•	
•	•	Optional IHP (Interactive Health Partner)						•	•	
		<b>RESTISTANCE</b>								
•	•	20 Levels/Electromagnetic	•	•	•	•		•	•	
		20 Levels (Upper & Lower body)/Electromagnetic					•			
	•	28 Levels/Electromagnetic								•
		<b>STRIDE LENGTH</b>								
		18"-25.5" Manually Adjustable Stride		•						
•		17"-26" Electronically Adjustable Stride	•		•					
		17"-29" Electronically Adjustable Stride				•				
	•	14" Step Range								•
		26" Step Range						•	•	
150 kgs	150 kgs	<b>HEART RATE MONITORING</b>								
330 lbs	330 lbs	CardioAdvisor	•	•	•	•	•	•	•	•
72 kgs	100 kgs	Contact Heart Rate				•	•	•	•	•
158 lbs	220 lbs	Telemetry Heart Rate	•	•	•	•	•	•	•	•
36/76	36/72	<b>ADVANCED DESIGN FEATURES</b>								
Sets	Sets	Dual-Action Total Body Motion	•	•	•	•	•	•	•	•
		Fingertip Controls					•	•	•	
		Shift On-The-Fly Fingertip Controls			•	•				
		SoftRidge Strips	•	•	•					
		MyFlex Cushioning System	•	•	•	•				
		SweatProtect Shrouding				•				
		Independent Arm Movement					•			
		Self-Generating		•			•	•	•	•
		<b>DIMENSIONS</b>								
		L54" x W30" x H71"								•
		L69" x W43" x H76"						•	•	
		L72" x W34" x H48"					•			
		L79" x W24" x H68"	•	•	•					
		L87" x W28" x H71"				•				
		<b>WEIGHT LIMIT</b>	130 kgs	130 kgs	150 kgs	150 kgs	150 kgs	150 kgs	152 kgs	150 kgs
			286 lbs	286 lbs	330 lbs	330 lbs	330 lbs	330 lbs	335 lbs	330 lbs
		<b>UNIT WEIGHT</b>	128 kgs	124 kgs	128 kgs	166.5 kgs	154 kgs	168 kgs	170 kgs	154 kgs
			282 lbs	273 lbs	282 lbs	367 lbs	339 lbs	370 lbs	374 lbs	339 lbs
		<b>20' / 40' CONTAINER</b>	24/51	24/51	24/51	14/28	16/36	12/26	12/26	13/36
			Sets	Sets	Sets	Sets	Sets	Sets	Sets	Sets







# Musculation

Du matériel adapté  
pour un résultat optimisé.

La gamme de matériel de musculation **ISG** a été spécialement conçue pour satisfaire aux besoins des centres de fitness et des utilisateurs les plus exigeants.

La connaissance et l'expertise ont mené à un produit adapté.

Chaque mouvement réalisé dans ces conditions est optimisé pour tendre vers la perfection.

*ISG, la passion du sport depuis 20 ans*



## A915 Independent Chest Press

- Independent converging press arms offer ergonomic motion and balanced muscle engagement.
- Multi-position hand grips allow users to train muscles from multiple angles with proper hand positioning.
- Gas-assisted seal adjustment.
- Pre-load foot bar assists in starting or stopping movement like a spotter.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1270    W: 1702    H: 1980 mm  
                  L: 50"        W: 67"        H: 78"
- Stack weight: 100 kg/220 lbs.



## A917 Independent Shoulder Press

- Pivot point indicators for proper joint alignment.
- Handles rotate naturally throughout the motion and reduce wrist stress.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1330    W: 1600    H: 1780 mm  
                  L: 52,4"    W: 63"        H: 70"
- Stack weight: 130 kg/286 lbs.



## A919 Lateral Raise

- Handles rotate naturally throughout the motion and reduce wrist stress.
- Gas-assisted seat adjustment puts you in the proper position for action.
- Foot rest helps maintain biomechanically correct exercise position.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1397    W: 1600    H: 1780 mm  
L: 55"    W: 63"    H: 70"
- Stack weight: 60 kg/132 lbs.



## A933 Pec Deck

- Independent press arms for equal muscle training.
- Long handles accommodate different users.
- Gas-assisted seat adjustment fits users of different sizes.
- Foot rest helps maintain proper body alignment.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1397    W: 1550    H: 1780 mm  
L: 55"    W: 61"    H: 70"
- Stack weight: 100 kg/220 lbs.





## A926 Lat Pull Down

- Ergonomically curved bar provides wide or narrow grip options.
- Gas-assisted seat adjustment and adjustable thigh pads accommodate users of different sizes.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments; 1:1 ratio.
- Dimensions: L: 1230    W: 1010    H: 2190 mm  
                  L: 48,4"    W: 39,8"    H: 86,2"
- Stack weight 100 kg/220 lbs.



## A916 Independent Lat Pull Down

- Pivoting flex handles reduce wrist stress and help prevent injury.
- Biomechanically correct diverging motion.
- Gas-assisted seat adjustment and adjustable thigh pad accommodate users of different sizes.
- 1:2 ratio (one hand); 1:1 ratio (two hands).
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1448    W: 864    H: 2100 mm  
                  L: 57"    W: 34"    H: 82.7'
- Stack weight: 100 kg/220 lbs.



## A921 Mid Row

- Pivoting nex handles reduce wrist stress and help prevent injury.
- Diverging motion is ergonomically correct.
- Gas-assisted seat adjustment accommodates users of different sizes.
- Chest pad adjusts to suit different arm lengths.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1600    W: 1300    H: 1980 mm  
L: 63"    W: 51,2"    H: 78"
- Stack weight: 100 kg/220 lbs.



## A912 Biceps Curl

- Pivot point indicator aids user in achieving optimal elbow joint alignment.
- Gas-assisted seat adjustment.
- Handles naturally rotate through the range of motion to reduce wrist stress.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1067    W: 1168    H: 1780 mm  
L: 42"    W: 46"    H: 70"
- Stack weight: 100 kg/220 lbs.





## A923 Pull Over

- Handles naturally rotate through the range of motion.
- Adjustable handle positions accommodate different physiques.
- Range of motion limiter protects safety and provides comfort.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1220    W: 1245    H: 1780 mm  
                  L: 48"      W: 49"      H: 70"
- Stack weight 120 kg/264 lbs.



## A918 Low Row

- Curved bar provides ergonomic grip.
- Non-skid footplates.
- Comfortable cushion suits exercisers of various sizes.
- 1:1 ratio.
- Dimensions: L: 2080    W: 850    H: 1950 mm  
                  L: 82"      W: 33,5"    H: 76,8"
- Stack weight: 120 kg/264 lbs.

## A925 Triceps Extension

- Pivoting handle accommodates users of different sizes.
- Arm and seat pads are angled to provide maximum stability.
- Dimensions: L: 1651    W: 1168    H: 1780 mm  
L: 65"    W: 46"    H: 70"
- Stack weight 100 kg/220 lbs.



## A911 Assisted Chin and Dip

- Adjustable and versatile, multi-function handles for training in any style, works muscle groups from all angles.
- Knee pad folds up and out of the way for unassisted training.
- Dip bars and straight pull-up bars fold out of the way for greater accessibility.
- Non-slip steps for easy access.
- Dimensions: L: 1280    W: 1150    H: 2420 mm  
L: 50,4"    W: 45,3"    H: 95,3"
- Stack weight 100 kg/220 lbs.



## A922 Pectoral Fly/Rear Deltoid

- Independent motion provides for balanced training.
- Long handles and dual grip zones fit a variety of users.
- Handles flair in/out to accommodate different physiques.
- Dual function facilitates pec fly/rear delt workouts.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1295    W: 820    H: 1950 mm  
                  L: 51"    W: 32"    H: 76,8"
- Stack weight: 100 kg/220 lbs.



## A971 Cable Cross Over

- Dual swivel pulleys adjust vertically and lock in to place, allowing for functional training from virtually any angle.
- 36 incremental adjustments for the ultimate in customization.
- Multi-grip pull-up/chin-up bars.
- Easy-grip bars stabilize exercisers during balance-challenging workouts.
- 1:2 and 1:4 ratios provide versatility for personal and sports-specific training; 1:2 (one hand); 1:4 (two hands).
- Dimensions: L: 4050    W: 850    H: 2200 mm  
                  L: 159,4"    W: 33,5"    H: 86,6"
- Stack weight: 2 x 100 kg/2 x 220 lbs.





## A973 Cable Tower

- Kevlar reinforced belts, internally lubricated cables and deep-channel pulleys with sealed bearing centers.
- Internally lubricated 1,500 lb. steel aircraft cables provide quiet, smooth operation.
- Magnetized weight selector makes for instant, secure selection of weights.
- Gas-assisted seat adjustments and color coded range of motion limiters.
- Contoured and bolstered cushions for comfort and support with no exposed folds or flaps.
- Highlighted pivot points for optimal alignment.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1067    W: 864    H: 2108 mm  
L: 42"    W: 34"    H: 83"
- Stack weight: 100 kg/220 lbs.



## A935 Rotary Torso

- Proprietary hip rotation is preferred by martial arts, golf instructors and personal trainers for functional benefits.
- Preload adjustment allows easy on/off access.
- Range limiter makes motion safe and comfortable from start to finish.
- Lower body rotates to isolate core and hip motion.
- Gas-assisted vertical seat adjustment fits users of different heights.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1360    W: 970    H: 1950 mm  
L: 53,5"    W: 38,2"    H: 76,8"
- Stack weight: 80 kg/176 lbs.



## A932 Back Extension

- Start point setting for comfort and safety.
- Back pad position adjusts for optimal placement depending on user preference.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1230    W: 1250    H: 1780 mm  
                  L: 48,4"    W: 49,2"    H: 70"
- Stack weight: 110 kg/242 lbs.



## A931 Abdominal Crunch

- Counter-weighted pivoting seat delivers a fluid range of motion.
- Converging upper and lower body action engages more core muscles in one natural movement.
- Back support keeps body stable to isolate abdominal muscles.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1100    W: 1350    H: 1780 mm  
                  L: 43,3"    W: 53,1"    H: 70"
- Stack weight: 120 kg/264 lbs.



## A957 Leg Extension

- Spring-assisted seat back adjustment supports users of different sizes.
- Angled seat bottom reduces lower back stress.
- Adjustable leg pad accommodates different leg lengths, allowing users to achieve proper leverage.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1000    W: 1295    H: 1780 mm  
                   L: 39,4"    W: 51"    H: 70"
- Stack weight: 100 kg/220 lbs.



## A958 Lying Leg Curl

- Range of motion limiter allows user to customize start and stop points for safe, comfortable use.
- Adjustable leg pad accommodates different leg lengths, allowing users to achieve proper leverage.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1620    W: 1300    H: 1780 mm  
                   L: 63,8"    W: 51,2"    H: 70"
- Stack weight: 100 kg/220 lbs.





## A955 Glute

- Adjustable chest pad accommodates users of all sizes.
- Easy access design allows quick and safe use.
- Non-slip foot pad for safety.
- Secure, ergonomic handle grips.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1220    W: 1140    H: 1780 mm  
                  L: 48"        W: 44.9"    H: 70"
- Stack weight: 80 kg/176 lbs.



## A956 Horizontal Leg Press

- Multi-functional leg press converts to hack squat, calf raise or hip sled for total leg workout.
- Seat back reclines 90-180 degrees with fingertip adjustment lever.
- Wide stance non-slip foot plates.
- Linear bearing system delivers smooth, fluid movement of seat carriage.
- Adjustable shoulder pads put user in optimal lifting position for hack squat regardless of height.
- 200 kg stack, with twenty 10 kg weight plates; 1:1 ratio.
- Dimensions: L: 2210    W: 1500    H: 1950 mm  
                  L: 87"        W: 59.1"    H: 76.8"
- Stack weight: 100 kg/220 lbs.  
(1:2 ratio equals 200 kg 1440 lbs.)



## A951 Abduction

- Seat is positioned for ultimate privacy.
- Centralized weight stack is positioned for easy weight selection while seated.
- Start point setting for comfort and safety.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1651    W: 960    H: 1780 mm  
L: 65"    W: 37,8"    H: 70"
- Stack weight: 120 kg/264 lbs.



## A952 Adduction

- Seat is positioned for ultimate privacy.
- Centralized weight stack is positioned for easy weight selection while seated.
- Start point setting for comfort and safety.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1651    W: 960    H: 1780 mm  
L: 65"    W: 37,8"    H: 70"
- Stack weight: 120 kg/264 lbs.



## A961 Total Hip

- Range of motion limiter allows users to set start and end points for safety and comfort.
- Adjustable for hip flexion/extension and abduction/adduction movements.
- Entire upper portion slides vertically on linear bearings to adjust pivot point for users of different heights.
- Adjustable pad for various exercises.
- Non-skid platform.
- Incremental 1,5 and 3 kg (3,5 and 6,5 lbs) micro-loading adjustments.
- Dimensions: L: 1626    W: 1220    H: 1950 mm  
L: 64"    W: 48"    H: 76,8"
- Stack weight: 120 kg/264 lbs.





# Muscultation / *Multi-station*



## A93 Functional Trainer

- Three sets of rotational pulleys for endless training options.
- Smooth, silent weight stack with magnetic selector pin that slides easily into place.
- Includes a variety of handles for arm and leg work.
- Made completely from commercial-grade components.
- Dimensions: (Tower) L: 1346 W: 1143 H: 2100 mm  
 L: 52,7" W: 44,8" H: 82,6"  
 (Bench) L: 1580 W: 560 H: 1170 mm folded  
 L: 62,2" W: 22" H: 46" folded





## **DF-104 Pec Fly/Rear Deltoid**

- DirectDrive™ dual cam system eliminates slack and provides the best action feel in its class.
- Dimensions : 49" x 32" x 75"
- Weight Stack : 220 lbs





## DF-100 Leg extension/Leg curl

- Dimensions : 52" x 42" x 67"
- Weight Stack : 220 lbs.



## DF-101 Leg press/Calf extension

- Dimensions : 88" x 43" x 74"
- Weight Stack : 220 lbs





## **DF-105 Bicep/Tricep**

- Dimensions : 53" x 42" x 67"
- Weight Stack : 220 lbs



## **DF-103 Lat Pulldown / Mid Row**

- Dimensions : 42" x 44" x 87"
- Weight Stack : 220 lbs

## **DF-102 Abductor / Adductor**

- Dimensions : 47" x 44" x 67"
- Weight Stack : 220 lbs





### DF-106 Lower back/Abdominal Crunch

- Dimensions : 47" x 44" x 67"
- Weight Stack : 220 lbs

### DF-107 Assisted Chin/Dip

- Dimensions : 42" x 44" x 87"
- Weight Stack : 220 lbs



### DF-108 Multi Press

- Dimensions : 62" x 58" x 67"
- Weight Stack : 220 lbs





# Plate loaded/Freeweight

La recherche derrière  
chaque mouvement.

Conçu pour garantir performances et résultats, la gamme d'équipement **ISG** a également été développée en mettant un avant une présentation soignée et un design élégant pour s'intégrer dans les salles professionnelles.

Parce que nous savons ce que **recherche** le sportif de haut niveau.

Parce que le sport est un **mouvement** permanent.

**ISG, la passion du sport depuis 20 ans**



**SL-7001 Chest press**



**SL-7002 Pulldown**



**SL-7003 Shoulder press**



**SL-7004 Low row**



**SL-7005 Incline chest press**



SL-7006 Leg press



SL-7007 Row



SL-7008 Rear kick



SL-7009 Power rack



SL-7010 Plate rack



SL-7009OPT Platerack option



# Freeweight / *Benches*



## A992 Flat Bench

- 53" x 22" x 17"

## A993 45° Back Hyperextension

- 53" x 30" x 27" (min)
- 53" x 30" x 35" (max)



## A997 Olympic Decline Bench

- 64" x 52" x 48" (min)
- 76" x 52" x 48" (max)

## A996 Olympic Bench Press

- 56" x 52" x 48"







## A991 Adjustable Bench

- 55" x 22" x 18" (min)
- 55" x 22" x 56" (max)

## A998 Olympic Incline bench Press

- 71" x 52" x 55"



## A995 Crunch Bench

- 68" x 25" x 42"

## A981 Seated Calf Raise

- 68" x 25" x 42"



## A999 Scott Curl Bench

- 49" x 31" x 38"



## **A901 10 -pair Dumbbell Rack**

• 100" x 33" x 36"

## **A902 Olympic Plate Tree**

• 55" x 50" x 41"



## **A903 Chrome Dumbbell Rack**

• 42" x 22" x 56"

## **A983 Smith Machine**

• 72" x 100" x 90"



## DF Specification

GENERAL SPECIFICATIONS	REF	DIMENSIONS	STACK WEIGHT
Leg Extension/ Curl	DF-100	1355 x 1010 x 1560 MM	100 KG
Leg Press/Calf Extension	DF-101	2020 x 1080 x 1900 MM	100 KG
Abductor/Adductor	DF-102	1475 x 815 x 1570 MM	65 KG
Lat Pulldown/Mid Row	DF-103	1535 x 1140 x 2240 MM	100 KG
Pec Fly/Rear Deltoid	DF-104	1265 x 815 x 1930 MM	100 KG
Biceps Curl/Tricep Extension	DF-105	1350 x 1080 x 1560 MM	100 KG
Low Back/Abdominal	DF-106	1110 x 1110 x 1560 MM	100 KG
Assisted Chin Dip	DF-107	1180 x 1050 x 2225 MM	100 KG
Multi Press	DF-108	1400 x 1410 x 1650 MM	100 KG

## Strength Specifications

GENERAL SPECIFICATIONS	REF	DIMENSIONS	STACK WEIGHT
Independent Chest Press	A915	1270 x 1702 x 1980 MM	100 KG
Independent Shoulder Press	A917	1330 x 1600 x 1780 MM	130 KG
Lateral Raise	A919	1397 x 1600 x 1780 MM	60 KG
Lat Pull Down	A926	1230 x 1600 x 2190 MM	100 KG
Pullover	A923	1220 x 1010 x 1780 MM	120 KG
Assisted Chin/Dip	A911	1280 x 1245 x 2420 MM	100 KG
Low Row	A918	2080 x 1150 x 1950 MM	120 KG
Pec Fly/Rear Delt	A922	1295 x 850 x 1950 MM	100 KG
Back Extension	A932	1230 x 820 x 1780 MM	110 KG
Leg Extension	A957	1000 x 1250 x 1780 MM	100 KG
Glute	A955	1220 x 1295 x 1780 MM	80 KG
Lying Leg Curl	A958	1620 x 1140 x 1780 MM	100 KG
Horizontal Leg Press	A956	2210 x 1300 x 1950 MM	100 KG
Abduction	A951	1651 x 1500 x 1780 MM	120 KG
Adduction	A952	1651 x 960 x 1780 MM	120 KG
Biceps Curl	A912	1067 x 960 x 1780 MM	100 KG
Triceps Extensions	A925	1651 x 1168 x 1780 MM	100 KG
Independent Lat Pull Down	A916	1448 x 1168 x 2100 MM	100 KG
Mid Row	A921	1600 x 864 x 1980 MM	100 KG
Pec Deck	A933	1397 x 1300 x 1780 MM	100 KG
Abdominal Crunch	A931	1100 x 1350 x 1780 MM	120 KG
Cable Cross Over	A971	4050 x 850 x 2200 MM	100 KG
Cable Tower	A973	920 x 850 x 2170 MM	100 KG
Total Hip	A961	1626 x 1220 x 1950 MM	120 KG
Rotary Torso	A935	1360 x 970 x 1950 MM	80 KG





## Petit matériel

Lorsque l'élémentaire  
marque la différence.

La conception technique de la gamme de matériel distribuée par **ISG** vise la perfection, quelle que soit la taille de votre établissement.

Le soin que nous apportons à l'accessoire **élémentaire** placé dans vos installations fait la **différence** pour l'entraînement de vos membres.

*ISG, la passion du sport depuis 20 ans*



## BC 022

Barre longueur 0,38 m

- Barres chromées Ø 28 mm
- 2 prises de mains moletées avec butées



## BC 102

Barre droite série standard pro Ø 28 mm

- 1,75 m avec butées et bagues (résistance 130 kg)
- Poids : 8,50 kg



## BC 092

Barre droite série standard pro Ø 28 mm

- 1,55 m avec butées et bagues (résistance 130 kg)
- Poids : 7,50 kg



## BC 256

Barre curl série standard pro Ø 28 mm

- 1,25 m avec butées et bagues (résistance 130 kg)
- Poids : 6,50 kg



## BC 072

Barre droite série standard pro Ø 28 mm

- 1,20 m avec butées et bagues (résistance 130 kg)
- Poids : 5,80 kg



## BC 062

Barre droite série standard pro Ø 28 mm

- 1,00 m avec butées et bagues (résistance 130 kg)
- Poids : 5,50 kg



## BC 600

Barre biceps et triceps

- Barre Ø 26 mm



## AE 057

Protection en mousse pour barre

- 490 x 75 mm
- Manchon pré-fendu
- Forte densité pour charges lourdes



## AE 4073

Protection en mousse pour barre

- 470 x 70 mm
- Grainage PVC velcro



## BC 074 à BC 134

Barre droite série pro club (résistance 180 kg)

- 1,20 m, poids : 5,50 kg
- 1,50 m, poids : 7,25 kg
- 1,80 m, poids : 8,70 kg
- 2,00 m, poids : 9,66 kg
- 2,20 m, poids : 11,80 kg



## GK 09

Stop-disk chromé à pince caoutchouc

- Ø 28 mm (la paire)



## BC 170

Stop-disk chromé

- Ø 28 mm (l'unité)



## BC 198

Bague chromée

- Ø 28 mm (l'unité)



## BH 106

Pince stop-disk

- Ø 50 mm (l'unité)



## BC 228

Clé six pans

- Pour bagues (l'unité)



## BH 103

Bague chromées

- Ø 50 mm (la paire)



## BH 023

Bague à serrage rapide

- Ø 50 mm
- Double serrage
- 2,5 kg la pièce (la paire)



**BR-2001**

2 m 20

- Diamètre 50 mm - poids 20 kg - Chromée



**BR-2002**

2 m 20

- Diamètre 50 mm - poids 20 kg - HR - Noire



**BR-2009**

Barre lyre triceps

- Diamètre 50 mm - Chromée



**DOC 2800125 à DOC 5025000**

Disques caoutchouc noir (Ø 28 ou 50 mm)

Ø 28

Ø 50

- |               |         |             |
|---------------|---------|-------------|
| • DOC 2800125 | 1,25 kg | DOC 5000125 |
| • DOC 2802500 | 2,50 kg | DOC 5002500 |
| • DOC 2805000 | 5 kg    | DOC 5005000 |
| • DOC 2810000 | 10 kg   | DOC 5010000 |
| • DOC 2815000 | 15 kg   | DOC 5015000 |
| • DOC 2820000 | 20 kg   | DOC 5020000 |
| • DOC 2825000 | 25 kg   | DOC 5025000 |



**BR-2006**

Barre olympic curl 1 m 20

- Diamètre 50 mm - poids 10 kg - noire



**BR-2007**

Barre olympic biceps-triceps 1 m 20

- Diamètre 50 mm - poids 10 kg - Chromée



**BR-2008**

Barre olympic curl 1 m 20

- Diamètre 50 mm - poids 10 kg - Chromée



**DOCP 2800125 à DOCP 5025000**

Disques caoutchouc noir à poignées (Ø 28 ou 50 mm)

Ø 28

Ø 50

- |                |         |              |
|----------------|---------|--------------|
| • DOCP 2800125 | 1,25 kg | DOCP 5000125 |
| • DOCP 2802500 | 2,50 kg | DOCP 5002500 |
| • DOCP 2805000 | 5 kg    | DOCP 5005000 |
| • DOCP 2810000 | 10 kg   | DOCP 5010000 |
| • DOCP 2815000 | 15 kg   | DOCP 5015000 |
| • DOCP 2820000 | 20 kg   | DOCP 5020000 |
| • DOCP 2825000 | 25 kg   | DOCP 5025000 |

**DOCC 5000125 À DOCC 5025000**

Disques caoutchouc couleur (Ø 50 mm)

- DOCC 5000125 1,25 kg
- DOCC 5002500 2,50 kg
- DOCC 5005000 5 kg
- DOCC 5010000 10 kg
- DOCC 5015000 15 kg
- DOCC 5020000 20 kg
- DOCC 5025000 25 kg





## RH-0001

Support de disques triangulaire



## RH-0002

Rack haltères - Râtelier



## HAM-0001

Haltères bloqués métal à disques (l'unité) de 2 à 60 kg

- De 1 en 1 kg : de 2 à 26 kg
- De 2 en 2 kg : de 2 à 60 kg
- De 2,5 en 2,5 kg : de 2,5 à 60 kg



## RHC-0001

Set de 10 paires haltères chromés

- De 1 à 10 kg (de 1 à 1 kg) avec râtelier chromé
- Réservé à une utilisation privée ou respectueuse
- L 47 x l 52 x h 127 cm



## HAM-0001

Haltères bloqués caoutchouc à disques (l'unité) de 2 à 60 kg

- Livré sans sa finition chromée = option HA026
- De 1 en 1 kg : de 2 à 26 kg
- De 2 en 2 kg : de 2 à 60 kg
- De 2,5 en 2,5 kg : de 2,5 à 60 kg



## HL-DB0929

Haltères chromés de 1 à 10 kg (de 1 en 1 kg)

- HA 22500 : Haltère chromé de 1 kg - l'unité
- HA 22501 : Haltère chromé de 2 kg - l'unité
- HA 22502 : Haltère chromé de 3 kg - l'unité
- HA 22503 : Haltère chromé de 4 kg - l'unité
- HA 22504 : Haltère chromé de 5 kg - l'unité
- HA 22505 : Haltère chromé de 6 kg - l'unité
- HA 22506 : Haltère chromé de 7 kg - l'unité
- HA 22507 : Haltère chromé de 8 kg - l'unité
- HA 22508 : Haltère chromé de 9 kg - l'unité
- HA 22509 : Haltère chromé de 10 kg - l'unité





**MB-0904 G**  
Barre droite  
Poignées moletées



**MBA-0003 G**  
Barre de tirage biceps - triceps  
Poignées moletées



**MBA-0006**  
Barre de tirage biceps - triceps  
Poignées moletées



**MBA-0001 RG**  
Barre droite  
Poignées moletées



**MBA-0002**  
Barre droite  
Poignées moletées



**MBA-0004**  
Barre droite - Tube  
Poignées moletées



**MB-0905**  
Barre droite - Tube  
Poignées moletées



**MB-0936**  
Poignée simple



**MBA-0005**  
Double poignées  
serrées

**G = poignées gainées**  
**RG = poignées moulées**



**MBA-0007**  
Poignée simple  
manche pivotant



**MBA-0008**  
Double poignée  
moletée



**MBA-0009**  
Double poignée  
rotative



**MB-0946 RG**  
Double poignée  
rotative



**MBA-0011**  
Poignée simple



**MB-0943**  
Poignée double  
dorsaux



**MB-0931**  
Double poignées  
moletées pour dorsaux



**MBA-0013 RG**  
Double poignée  
moletées pour dorsaux



**MBA-0020**  
Poignée simple



**MBA-0021**  
Corde avec anneau  
tirage triceps



**MB-0940 B**  
Corde avec anneau  
tirage triceps



**MB-0940 A**  
Corde avec anneau  
tirage triceps



**MBA-0022** Barre dorsaux - Tube plein



**MBA-0025** Barre dorsaux - Tube



**MBA-0026**

Double poignées rowing



**MBA-0027 G**

Double poignées rowing



**MB-0941 RG**

Double poignées rowing



**MBA-0028**

Double poignées biceps et triceps  
Rotative



**MBA-0029 G**

Double poignées biceps et triceps  
Rotative



**MB-0929**

Double poignées biceps et triceps  
Rotative



**MB-0917**

Barre dorsaux



**MB-0916**

Barre rowing



**MBA-0030 RG**

Barre dorsaux



**MB-0932**

Double poignées biceps  
et triceps



**MBA-0031**

Double poignées biceps  
et triceps



**MBA-0031 G**

Double poignées biceps  
et triceps



**MBA-0031 RG**

Double poignées biceps  
et triceps



**MBA-0032**

Double poignées  
moletées



**MBA-0033**

Double poignées biceps  
et triceps



**MBA-0033 G**

Double poignées biceps  
et triceps



**MB-0933**

Double poignées biceps  
et triceps



**MBA-0034**

Barre courte droite



**MBA-0035**

Barre en "V" cintrée



**MB-0920**

Barre droite  
poignées cintrées



**MBA-0036**

Doubles poignées libres  
à épingle pivotante



**MBA-0037**

Poignée double biceps  
triceps

### HAC-0001

Haltères vinyle aérobic (unité)

- HA 24499 Haltère vinyle moulé 0,5 kg bleu
- HA 24500 Haltère vinyle moulé 1 kg rouge
- HA 24501 Haltère vinyle moulé 1,5 kg rouge
- HA 24502 Haltère vinyle moulé 2 kg rouge
- HA 24503 Haltère vinyle moulé 3 kg rouge
- HA 24504 Haltère vinyle moulé 4 kg bleu
- HA 24505 Haltère vinyle moulé 5 kg bleu



### RH-0003

Double râtelier chromé

- Vide - 40 places (pour haltères vinyle moulés)

### HAC-0001

Autres couleurs possibles sur commande (unité) (sous réserve de disponibilité)

- HA 24600J Haltère vinyle moulé 1 kg jaune
- HA 24601V Haltère vinyle moulé 1,5 kg vert
- HA 24602B Haltère vinyle moulé 2 kg bleu
- HA 24603J Haltère vinyle moulé 3 kg jaune



### HL-DB0926

Set comprenant :

- 1 barre caoutchoutée noire de 140 cm
- 2 disques caoutchouc noir de 1 kg
- 2 disques caoutchouc noir de 2 kg
- 2 disques caoutchouc noir de 5 kg
- 2 pinces stop disk



### BF-0001

Barre fixe d'angle chromée

- 100 cm
- À rotules pivotantes pour tous les angles



### BG-0001

Rubber band

- Bleu (GD 200) - Fort
- Rose (GD 201) - Moyen
- GD 075 : crochet mural



### BG-0001

Bâtons lestés

- BG-0001 A : rouge 1 kg - 130 cm
- BG-0001 B : jaune 1,5 kg - 130 cm
- BG-0001 C : bleu 2 kg - 130 cm
- BG-0001 D : vert 3 kg - 130 cm

### BG-0002

Bâtons de gymnastique (bois Ø 24 mm)

- BG-0002 A : 1,20 m
- BG-0002 B : 1,40 m

### GD 048

Supports muraux circulaires de bâtons de gym (la paire)



### RHC-0002

Set comprenant :

- 30 barres caoutchoutées noire de 140 cm
- 60 disques caoutchouc noir de 1 kg
- 60 disques caoutchouc noir de 2 kg
- 60 disques caoutchouc noir de 5 kg
- 60 pinces stop disk
- 1 râtelier noir avec roulettes pour l'ensemble (BK 23315)



### BF-0002

Barre fixe "chinning" chromée

- 120 cm
- équerres époxy blanc



### BG-0002

Fitness band

- EL 60-1 : jaune - faible
- EL 60-2 : rouge - moyen
- EL 60-3 : vert - fort
- EL 60 : bleu - extra fort
- EL 60-4 : clips (l'unité)



Zoning de la Voie Cuivrée 14  
5503 SORINNES  
Belgique

Tél. : +32 82 21 38 38  
Fax : +32 82 ...

Blog : ...

Courriel : [info@isgfit.com](mailto:info@isgfit.com)

[www.isgfit.com](http://www.isgfit.com)

