



The VERSA brings our trusted HI-LO pulley system into a stand-alone unit, providing a flexible workout with over 18 exercises in a small footprint.

## Real Fitness Equipment for Real Results

The VERSA HI-LO Pulley System is a tamperproof and weatherproof indoor/outdoor fitness machine featuring the Apollo's popular HI-LO pulley station that provides a biomechanically correct workout in an extremely small footprint.



 **TAMPERPROOF.**  **WEATHERPROOF.**  **SAFE.**

### TRUSTED PULLEY STATION

The VERSA provides the popular HI-LO pulley station for a variety of standing and seated exercises. Our unique, tamperproof selectorized weight stack allows users to adjust weight between 10 and 100lbs. Locking safety features also eliminate pinch points or entrapment zones typically seen on indoor selectorized weight stack systems.

### VARIETY OF MOVEMENT

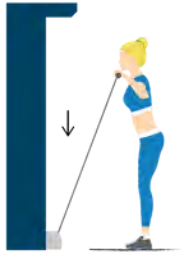
The VERSA delivers a comprehensive full-body workout, offering users the ability to easily adjust the angle and resistance across more than 18 exercises.

This versatile design ensures that a wide range of exercises are simple to set up and perform, accommodating users of all abilities, including those in wheelchairs.

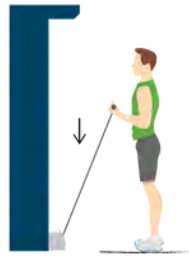
### SMALL FOOTPRINT

The VERSA maximizes your space efficiency, delivering a full-body workout within an incredibly compact footprint of just 20" x 15". Perfect for areas with limited space, the VERSA ensures no compromise on performance or functionality.

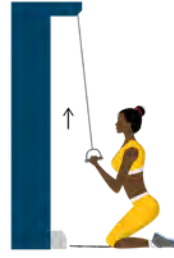
The VERSA is built to maximize indoor or outdoor exercise areas.



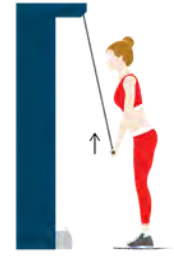
**UPRIGHT SHOULDER ROW**  
LOW PULLEY STATION



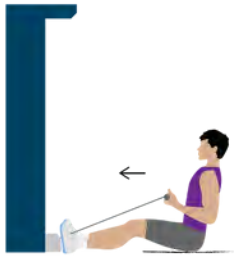
**BICEP CURL**  
LOW PULLEY STATION



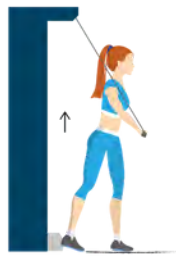
**UPPER BACK PULL DOWN**  
HIGH PULLEY STATION



**TRICEP PRESS DOWN**  
HIGH PULLEY STATION



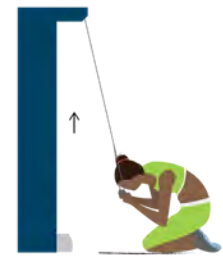
**BACK SEATED ROW**  
LOW PULLEY STATION



**SINGLE ARM CHEST PRESS**  
HIGH PULLEY STATION



**CABLE SQUATS**  
LOW PULLEY STATION



**KNEELING CABLE CRUNCH**  
HIGH PULLEY STATION

## TECHNICAL SPECIFICATIONS



**Width:** 15" / 38cm

**Length:** 20" / 51cm

**Height:** 90" / 229cm

**Use Zone:** 7'6" x 4'9" / 228cm x 144cm

**Weight:** 482lbs / 219kg

**Weight Stack Weight:** 100lbs/45kg

**Fall Height:** 0'

**Shipping Weight:** 530lbs / 240 kg

**Shipping Dimensions:** 36" wide x 40" long x 85" high /  
91 cm wide x 102 cm long x 216 cm high



**Instructional Placards:** Reverse print with UV-stabilized ink on 1/4" thick Lexan. Bolted to the columns with a stainless steel trim ring using stainless steel carriage bolts.

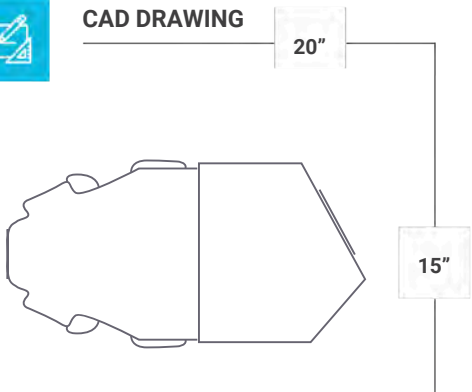
**Frame:** Constructed of 3/16" and 1/4" thick heavy-duty steel. All fasteners are tamperproof stainless steel carriage bolts with a smooth, rounded head and square neck. The locking nuts are shielded behind a padlocked access hatch.

**Finish:**

- All parts have surfaces prepped and cleaned of all mill scale, rust, oils, and dirt using shot blast and/or chemical wash.
- Primer coat is applied with epoxy zinc-rich primer (3-4 mil thickness) and cured in oven. Primer designed for superior rust protection. Tested for 3000 hours of salt spray resistance.
- Top finish coat is applied with TGIC-FREE weather-resistant polyester powder (3-4 mil thickness) and cured in oven. Tested for 1500 hours of salt spray resistance.
- All parts inspected to be free of paint defects prior to shipping.



**CAD DRAWING**



**Accessibility:** It is the manufacturers' opinion that the Versa Hi-Lo Pulley System conforms to the A.D.A. accessibility standard, assuming an accessible protective surfacing is provided, or within the entire use zone.