

# MS-101

## SELECTORIZED MULTI-STATION

Maximize workout options and floorspace with the MS-101 from SportsArt. This versatile and durable 4-stack strength machine comes standard with a cable tower. The remaining three stations can be configured however you want—choosing any combination of cable tower, tricep pushdown, dual lat pulldown or low row. Connect to another MS-101 for eight stations or connect to the MS-101 Cable Crossover Station for a five-station option. Features include 220lbs (100kg) weight stacks, magnetic selector forks, adjustable pulley height, large nonskid footpads and adjustable thigh pads.



**4-Station Sample Configuration:**

Core Frame + Cable Tower | Tricep Pulldown | Low Row | Dual Lat Pull Down

### TECHNICAL DETAILS

<b>Main Frame Unit Weight</b>	168.7 lbs / 76.7 kg
<b>Main Frame Dimensions</b> (LxWxH)	32.2 x 32.2 x 80.5 in 81.9 x 81.9 x 204.4 cm
<b>Weight Stacks</b>	220 lbs / 100 kg
<b>Max User Weight</b>	500 lbs / 227 kg
<b>Station Unit Weights</b>	Low Row: 300.9 lbs / 136.5 kg Lat Pulldown: 316.36 lbs / 143.5 kg Tricep Pushdown: 281.1 lbs / 127.5 kg Cable Tower: 300.9 lbs / 136.5 kg
<b>Station Dimensions</b>	Low Row: 64 x 25.8 x 81.4 in / 162.8 x 65.5 x 206.7 cm Lat Pulldown: 44 x 27.2 x 90.6 in / 112 x 69.2 x 230.2 cm Tricep Pushdown: 36.9 x 12.8 x 92.6 in / 93.6 x 26.5 x 234.8 cm Cable Tower: 31.2 x 23.7 x 84.6 in / 79.3 x 60.2 x 214.9 cm
<b>Features</b>	<p>Comes standard with a cable tower with remaining three stations can be configured with any combination of cable tower, tricep pushdown, dual lat pulldown or low row</p> <p>Connect to another MS-101 for eight stations or connect to the MS-101 Cable Crossover Station for a five-station option.</p> <p>Magnetized stack-fork with retracting tether makes for instant, secure selection of weights</p> <p>Deep-groove, 5 inch shrouded pulleys provide faultless cable tracking</p> <p>Cold rolled steel weight stacks with noise dampening</p> <p>Stainless steel guide rods resist rust and stay smooth</p> <p>Internally lubricated 1,500 lb. steel aircraft cables provide quiet, smooth operation</p>

### STATION EXPANSIONS



**5-Station Sample Configuration:**

Core Frame + Cable Tower | Tricep Pulldown | Low Row  
Dual Lat Pull Down | 5th Station Cable Tower + Connection Bar



**8-Station Sample Configuration:**

Core Frame + Cable Tower x2 | Tricep Pulldown x2  
Low Row x2 | Dual Lat Pull Down x2 | Connection Bar

### MS-101 CABLE CROSSOVER STATION TECHNICAL DETAILS

<b>Unit Weight</b>	382.8 lbs / 174 kg
<b>Unit Dimensions</b>	119.1 x 82.0 x 217.0 cm / 46.9 x 32.3 x 85.4 in
<b>Weight Stack</b>	220 lbs/ 100 kg