

### Technical specifications

	Speed pulley 50kg	Speed pulley 80kg	Speed pulley 100kg	Mobile speed pulley
Weight stack	50 kg	80 kg	100 kg	50 kg
Weight plates	20 x 2,5 kg	16 x 5 kg	20 x 5 kg	20 x 2,5 kg
Colour	Black/ Grey	Black/ Grey	Black/ Grey	Black/ Grey
Max. length of ropes using 1 rope (halved with 2 ropes)	12 meters	11,5 meters	11 meters	7,5 meters
Overall height	230 cm	217 cm	217 cm	186 cm
Width	29,5 cm	51 cm	51 cm	74,5 cm
Depth with adjustment pins	32 cm	54 cm	54 cm	77 cm
Total weight	81 kg	154 kg	174 kg	85 kg
Casters	-	-	-	Ø75 mm   central locking
CE-marked	Yes	Yes	Yes	Yes
Warranty (years)	Steel parts 10 mechanism 2	Steel parts 10 mechanism 2	Steel parts 10 mechanism 2	Steel parts 10 mechanism 2
Country of Manufacture	Finland	Finland	Finland	Finland

### Resistance matrix for Speed pulley 50 kg and Mobile speed pulley

The Lojer speed pulley resistance ratio with one rope is 1 : 5 and with two ropes 2 : 5. Check the matrix below for more information and examples.

Weight pin №	Weight of the plate(s) total	Total outcoming resistance with one handle	Total outcoming resistance with two handles
1	2,5 kg	0,5 kg	1,0 kg
2	5,0 kg	1,0 kg	2,0 kg
5	12,5 kg	2,5 kg	5,0 kg
10	25,0 kg	5,0 kg	10,0 kg
20	50,0 kg	10,0 kg	20,0 kg

### Resistance matrix for Speed pulley 80 kg and 100 kg

Weight pin №	Weight of the plate(s) total	Total outcoming resistance with one handle	Total outcoming resistance with two handles
1	5 kg	1 kg	2 kg
2	10 kg	2 kg	4 kg
5	25 kg	5 kg	10 kg
10	50 kg	10 kg	20 kg
16	80 kg	16 kg	32 kg

