



# NEWTECH

STRENGTH EQUIPMENT

NEW TECHNOLOGY FOR FITNESS

# 2023 PRODUCT CATALOG



"Newtech Wellness will continue to work towards public health promotion as well as facilitation of everyday sports to enable people to enjoy happy centenarian generation"

Since the establishment of Newtech Fitness in 2002, we have operated a private business until 2011, and established Newtech Wellness Corporation in 2011. Based on the technology and research experience accumulated over the past 20 years, we are rewriting the domestic and international fitness market.

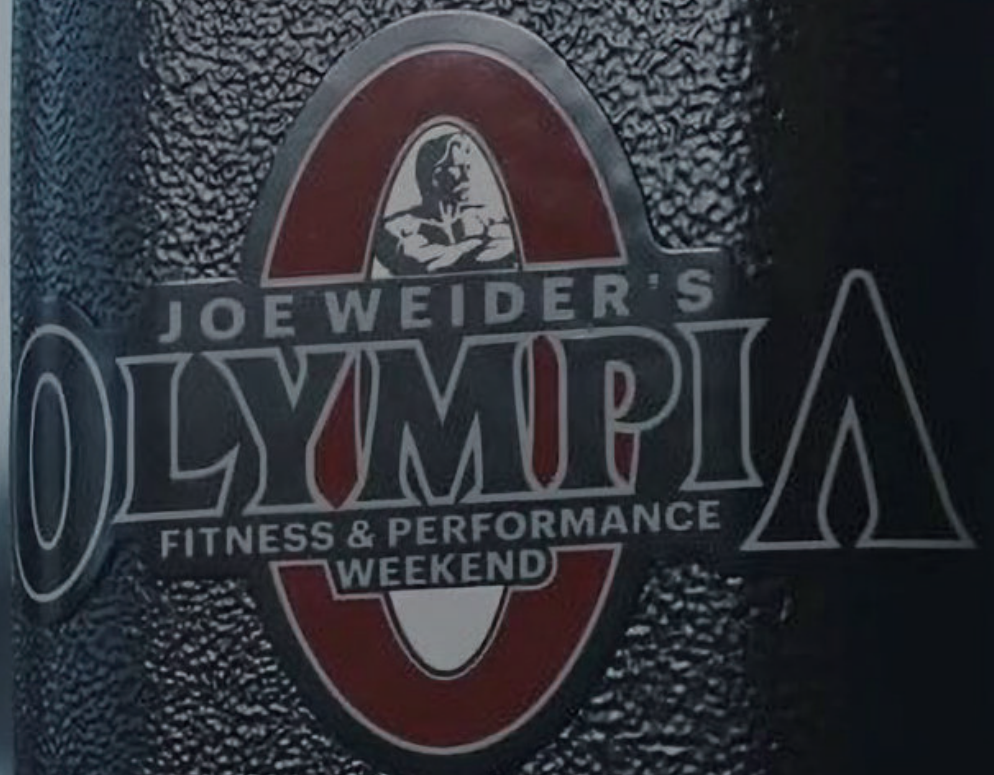
In line with the changing global era, we carry out one-stop service from product development to production, manufacturer, domestic and international sales, deliver, installation and A/S, and thus we are satisfying the various needs of our customers at home and abroad.

To grow into a competitive firm, our company continues to launch new products, there by proving our technical capability as well as expertise.

**Newtech Wellness Co., Ltd.**

## History

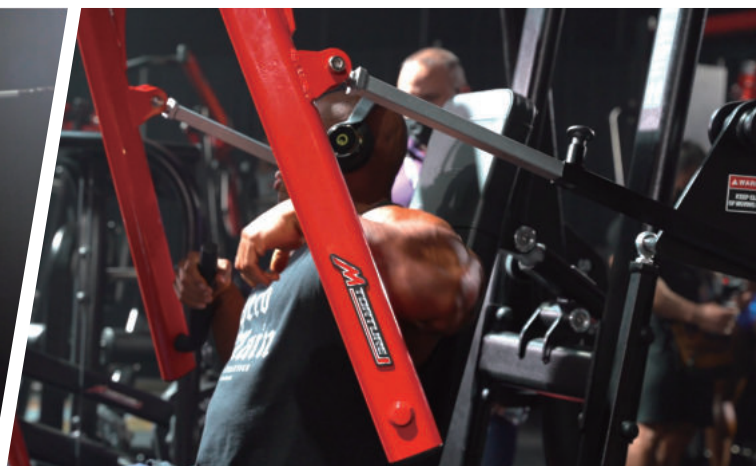
- 2023. 01 Designated as an intellectual property management certified company
- 2022. 06 Designated as Outstanding Sports Company of the Year
- 01 Designated as a promising export small and medium-sized enterprise
- 2020. 06 Selected as a small strong company (Gimhae City)
- 2019. 10 2019 Monster Gym Pro Sponsorship
- 08 Designated as an official sponsor of 'Mr. Olympia'
- 05 Participated in 2018 China Sports Show
- 04 Sponsored 2019 Max Q Muscle Mania Orient Championship
- 02 Participated in the 2019 Seoul International Sports and Leisure Industry Exhibition
- 01 Application for patent right for complex fitness equipment
- Patent application for squat exercise equipment
- 2018. 11 Patent application for shoulder exercise equipment
- Newtech Wellness Trademark Registration in China
- 07 Technology innovative small business (INNO-BIZ) certification
- 05 Participated in 2018 China Sports Show
- Squat exercise equipment design right registration
- 04 Registration of design right for handle for exercise equipment
- 03 Participated in 2018 Busan International Balance Festival
- 2017. 12 Awarded the Export Tower on the 54th Trade Day (1 Million Dollar Tower)
- Participated in the 9th Korea Beauty Expo
- 06 Established a company-affiliated research institute, registered a trademark of Newtech Wellness
- 05 Establishment of smart factory system, introduction of manufacturing execution system (MES)
- 01 Registration of monolift utility model right
- 2016. 11 Management innovation type small and medium business (MAIN-BIZ) certification
- Expansion of enterprise resource planning (ERP) (sales/purchase)
- 10 Quality management system (ISO9001), environmental management system (ISO14001) certification
- 09 Strategic SNS marketing (website renewal, Facebook, Instagram, YouTube, etc.)
- 07 Introduction of enterprise resource planning (ERP) (accounting/funding)
- 03 Torque Line Development (Plate Load)
- 2015. 12 Changed the company name to New Tech Wellness
- 08 New building and factory construction, production/painting/assembly system construction
- 2011. 11 Closure of Newtech Fitness private business and establishment of corporation
- 2010. 06 Factory expansion move, introduction of diversification of fitness equipment colors (Red, yellow, Blue, etc.)
- 2009. 12 Advance Line development
- 2002. 03 Established Newtech Fitness



# Mr. Olympia Official Sponsor Designation

Since 2019, Newtech Wellness has been designated as an official sponsor of Mr Olympia, the world's most prestigious bodybuilding competition.

Newtech Wellness is trusted by many customers as it has been recognized for its technology and expertise worldwide, and has become a **"Korea's leading FITNESS brand."**



## FEEL THE CHANGE WITH NEW TECHNOLOGIES AND EXPERIENCES

Photograph of the Newtech Wellness machines on display in the pumping room of "Mr. Olympia".



Newtech Wellness is an internationally recognized company that has been designated as an official sponsor of Mr. Olympia, the world's best bodybuilding competition hosted by the International Federation of Body Building and Fitness, since 2019.

We steadily display new and upgraded machines at Mr. Olympia every year, and encourage world-class athletes to use them for pre-match pumping purposes to provide opportunities to use them.

In this way, we strive to develop more specialized new technologies by obtaining more professional feedback on product technology from global athletes and actively reflecting it in the development of the next technology.

Experience the new technology  
of Newtech Wellness and feel the amazing changes.

**ADVANCE**

**ADVANCE**

DESIGN  
BY BODY  
FITNESS



**NEW  
TECH**

**DEVELOP  
YOUR MUSCLES  
HARMONIOUSLY  
WITH ADVANCE LINE**

# ADVANCE LINE

핀 삽입을 통한 무게 조절 원리를 이용한 대표적인 제품 라인으로서, 초보자들도 쉽게 운동 수행이 가능하도록 돕습니다

As a representative product line using the principle of weight control through pin insertion, it helps beginners perform exercise easily.



## Seated Chest Press

시티드 체스트 프레스

No. A-SCP W1200×L1880×H1620



## Incline Chest Press

인클라인 체스트 프레스

No. A-ICP W1250×L2160×H1620



## Pec Dec Fly (With Reverse)

펙 데크 플라이 (리버스 겸용)

No. A-PFRD W1250×L1385×H2030



## Standing Fly Chest&Back

스탠딩 플라이 체스트&백

No. A-SBF W965×L1410×H2290



## Lat Pulldown (High Pulley)

랫 풀다운 (하이풀리)

No. A-LPD W1240×L1420×H2360



## Seated Row

시티드 로우

No. A-SR W700×L1310×H1975



### Chin-Up, Dip Assist

친&딤 어시스트

No. A-CDA W1140×L1645×H2195



### Shoulder Press

숄더 프레스

No. A-SP W1345×L1617×H1620



### Standing Lateral Raise

스탠딩 레터럴 레이즈

No. A-SLR W1020×L1440×H1925



### Arm Curl

암 컬

No. A-AC W1085×L1270×H1620



### Seated Dip

시트드 딥

No. A-SD W1210×L1695×H1620



### Rotary Torso

로타리 토르소

No. A-RT W1060×L1335×H2090



### Abdominal

업도미널

No. A-AB W1000×L1190×H1620



### Leg Extension

레그 익스텐션

No. A-LE W1060×L1230×H1620



### Leg Curl

레그 컬

No. A-LC W990×L1735×H1620



### Seated Leg Press

시트드 레그 프레스

No. A-SLP W1050×L1675×H1620



### Hip Adduction / Abduction Combo

힙 어덕션 / 어브덕션 콤보

No. A-ADDABD W800×L1555×H1620



### Glute Kick-Back

글루터

No. A-GH W960×L1440×H1620





## **Standing Calf Raise & Squat**

스탠딩 카프 레이즈

No. A-SCR W790×L1505×H1810

**BUILD  
YOUR FITNESS FACILITY WITH  
AN SOPHISTICATED DESIGN**



# ONHIIM LINE

**오힘**  
POWER ON! 신발  
두들치

Expected to be released on January 1, 2024.

현재 지속적인 업그레이드가 포함된 개발을 진행중입니다. 업그레이드로 인해 구조가 변경될 수 있습니다.

We are currently engaged in development that includes ongoing upgrades. Due to these upgrades, there may be structural changes.

January 1, 2024.

COMING SOON



## Seated Chest Press

시트드 체스트 프레스

No. OH-SCP W1230×L1755×H1630

January 1, 2024.

COMING SOON



## Incline Chest Press

인클라인 체스트 프레스

No. OH-ICP W1265×L2170×H1620

January 1, 2024.

COMING SOON



## Pec Dec Fly (With Reverse)

펙 데크 플라이 (리버스 겸용)

No. OH-PFRD W1180×L1140×H2050

January 1, 2024.

COMING SOON



## Standing Fly Chest&Back

스탠딩 플라이 체스트&백

No. OH-SBF W965×L1410×H2290

January 1, 2024.

COMING SOON



## Lat Pulldown (High Pulley)

랫 풀다운 (하이풀리)

No. OH-LPD W770×L1505×H2010

January 1, 2024.

COMING SOON



## Seated Row

시트드 로우

No. OH-SR W770×L1505×H2010



2023.  
NEW PRODUCT

**Adjustable Low Pulley**

어드저스터블 로우 풀리  
No. A-ALP W820×L2340×H2206



January 1, 2024.  
COMING SOON

**Chin-UP, Dip Assist**

친&딤 어시스트  
No. OH-CDA W1180×L1610×H2200



January 1, 2024.  
COMING SOON

**Shoulder Press**

숄더 프레스  
No. OH-SP W1335×L1440×H1580



January 1, 2024.  
COMING SOON

**Lateral Raise**

레터럴 레이즈  
No. OH-LR W1015×L1360×H1590



January 1, 2024.  
COMING SOON

**Standing Lateral Raise**

스탠딩 레터럴 레이즈  
No. OH-SLR W960×L1490×H1935



2023.  
NEW PRODUCT

**Single Lateral Raise**

싱글 레터럴 레이즈  
No. A-SGL W850×L1770×H2164



January 1, 2024.  
COMING SOON

**Arm Curl**

암컬  
No. OH-AC W1100×L1460×H1630



January 1, 2024.  
COMING SOON

**Seated Dip**

시트드 딥  
No. OH-SD W1210×L1655×H1630



January 1, 2024.  
COMING SOON

**Rotary Torso**

로타리 토르소  
No. OH-RT W1180×L1245×H2120



January 1, 2024.  
COMING SOON

**Abdominal**

업도미널  
No. OH-AB W1020×L1420×H1630



January 1, 2024.  
COMING SOON

**Leg Extension**

레그 익스텐션  
No. OH-LE W1015×L1365×H1590



January 1, 2024.  
COMING SOON

**Leg Curl**

레그 컬  
No. OH-LC W920×L1590×H1580

January 1, 2024.  
COMING SOON



### Seated Leg Press

시티드 레그 프레스  
No. OH-SLP W1060×L1660×H1580

January 1, 2024.  
COMING SOON



### Hip Adduction / Abduction Combo

힙 어덕션 / 어브덕션 콤보  
No. OH-ADDABD W730×L1560×H1630

January 1, 2024.  
COMING SOON



### Glute Ham

글루터  
No. OH-GH W1010×L1425×H1590



**STAY** January 1, 2024  
**TUNED**  
Scheduled for sale on January 1, 2024.



EXPERIENCE  
DEEPER AND BROADER STIMULATION  
WITH OUR APPLIED ROTATION TECHNOLOGY

# ONHIM-R LINE

뉴텍웰니스만의 회전 기술을 적용하여, 더욱 퀄리티 있는 운동 수행이 가능하도록 설계되었습니다.

Designed with NEWTECH WELLNESS's unique rotation technology, it allows for higher quality workout performance.

January 1, 2024.

COMING SOON



## Seated Chest Press

시티드 체스트 프레스

No. OH(R)-SCP W1190×L1630×H1635

2023.  
NEW PRODUCT



## Seated Row(I)

시티드 로우(내회전)

No. OH(R)-SR(I) W770×L1505×H2010

2023.

NEW PRODUCT



## Seated Row(O)

시티드 로우(외회전)

No. OH(R)-SR(O) W700×L1520×H2130

January 1, 2024.

COMING SOON

# STAY TUNED

January 1, 2024

## Shoulder Press

숄더 프레스

January 1, 2024.

COMING SOON

# STAY TUNED

January 1, 2024

## Arm Curl

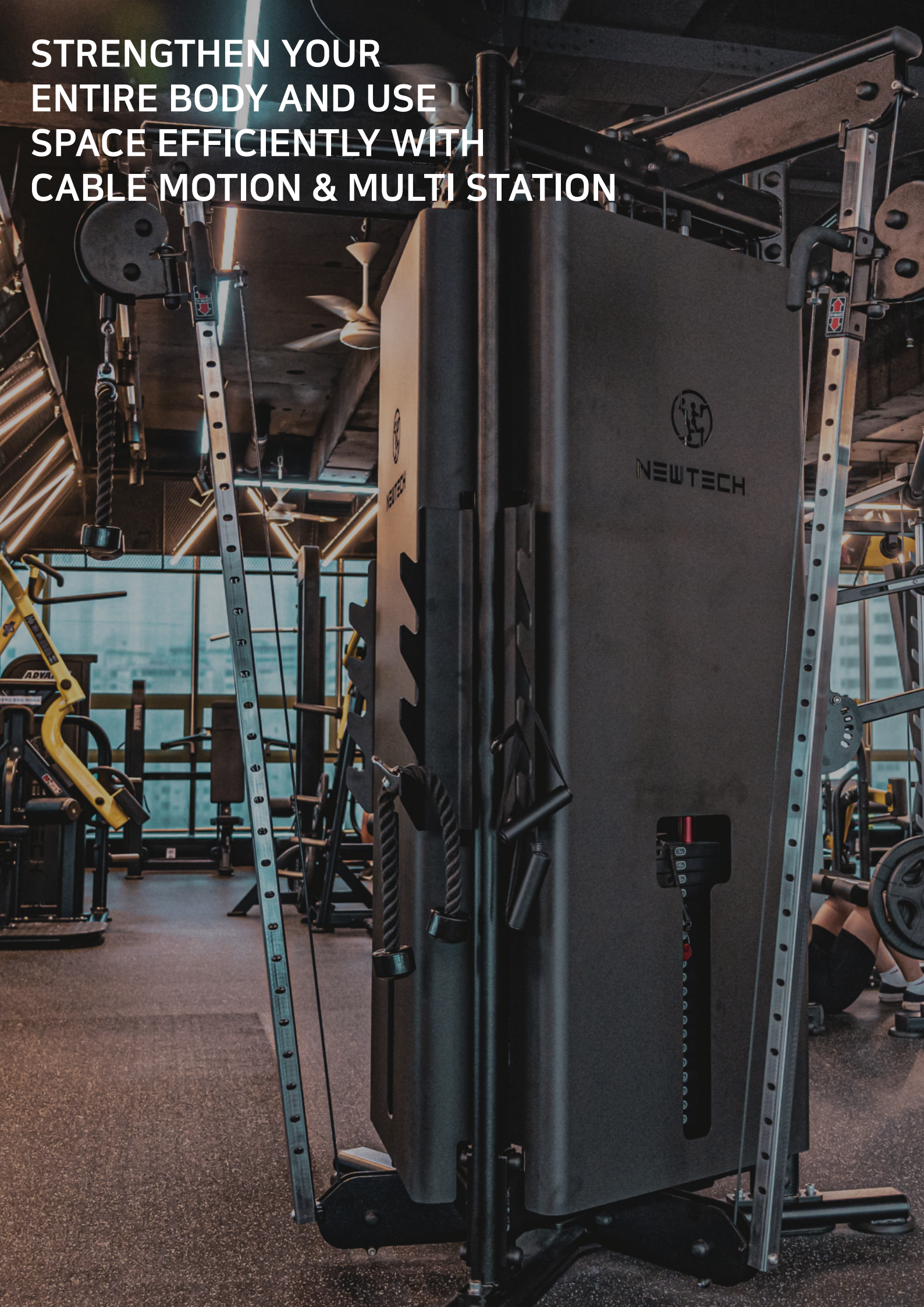
암컬

# STAY TUNED

January 1, 2024

Scheduled for sale on January 1, 2024.

**STRENGTHEN YOUR  
ENTIRE BODY AND USE  
SPACE EFFICIENTLY WITH  
CABLE MOTION & MULTI STATION**







# CABLE MOTION & MULTI STATION

하나의 기구로 다양한 근력운동이 가능하며, 공간의 효율성을 높일 수 있습니다.

Various muscle exercises are possible with one machine, which can increase the efficiency of space

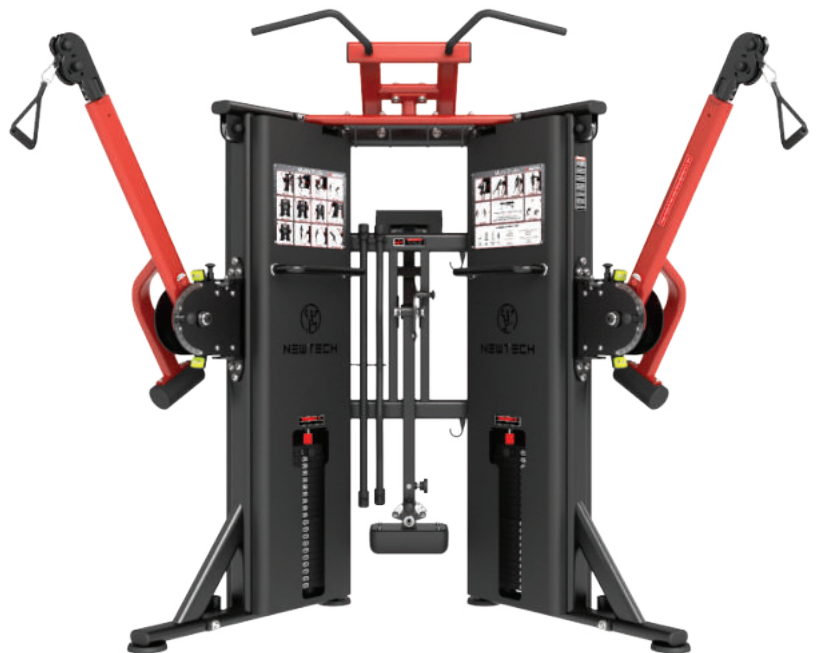


## Cable Cross Over

케이블 크로스 오버

No. C-CCO W3580×L985×H2335

2023  
NEW PRODUCT



## Multi Pulley

멀티 폴리

No. C-DPP-2 W2360×L1370×H2205



### Dual Pulley

듀얼 풀리

No. C-DP W1995×L975×H2300



### Tri Cable

트라이 케이블

No. C-TC W2200×L1560×H2340



### Tri Cable (4Station)

트라이 케이블 (4Station)

No. C-TC4ST W4790×L1600×H2350

**3. Leg Curl**  
레그 컬 No. A-LC

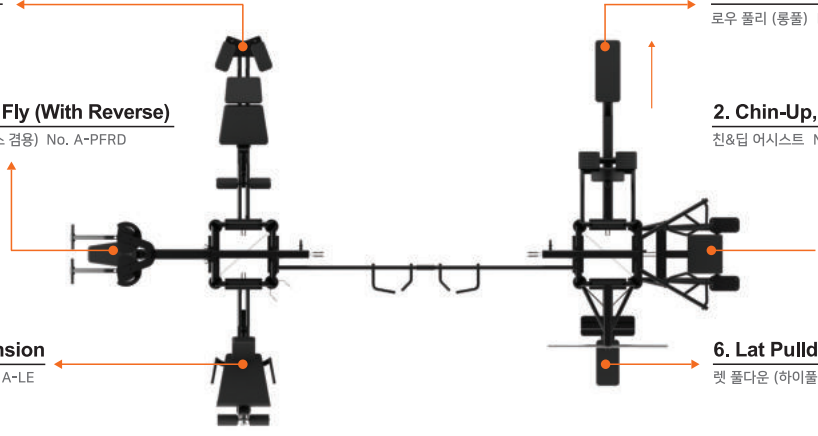
**1. Pec Deck Fly (With Reverse)**  
펙 덱 플라이 (리버스 겸용) No. A-PFRD

**5. Leg Extension**  
레그 익스텐션 No. A-LE

**4. Low Pulley (Long Pull)**  
로우 풀리 (롱풀) No. A-LP

**2. Chin-Up, Dip Assist**  
친&딤 어시스트 No. A-CDA

**6. Lat Pulldown (High Fully)**  
랫 풀다운 (하이풀리) No. A-LPD



※ When assembling, you can change the location of numbers 3 to 6 except 1 to 2.



**Multi Gym Pro (8Station)**

멀티짐 프로 (8Station)

No. C-MP8ST W7050×L4180×H2340



**Tri Cable (6Station)**

트라이 케이블 (6Station)

No. C-TC6ST W5830×L1600×H2320



**DEVELOP  
YOUR MUSCLES STRONGLY  
WITH M-TORTURE LINE**

# M-TORTURE LINE

제품사진의 원판은 별도구매 제품입니다.  
The plates on the machine in the picture are sold separately



## Seated Row

시티드 로우

No. T-SR W1330×L1490×H1405



## Low Row 2

로우 로우 2

No. T-LR W1470×L1490×H1440



## Front Row

프론트 로우

No. T-FR W1430×L1880×H1855



## Wide Pulldown Front

와이드 풀다운 프론트

No. T-WP(F) W1410×L1940×H2010



## Wide Pulldown Rear

와이드 풀다운 리어

No. T-WP(R) W1270×L1660×H2040

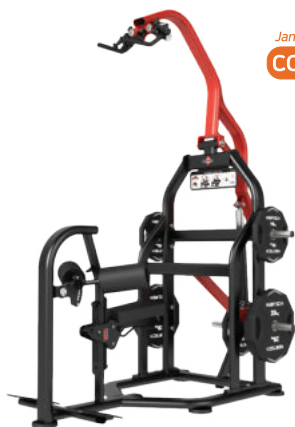


## Wide Pulldown Rear 2

와이드 풀다운 리어 2

No. T-WP(R)-2 W1310×L2010×H2110

January 1, 2024.  
**COMING SOON**



### High Row

하이 로우  
No. T-HR W1240×L2030×H2330

2023.  
**NEW PRODUCT**



### Bentover Row

벤트오버 로우  
No. T-BOR W1240×L2165×H1465

2023.  
**NEW PRODUCT**



### Two Way Row

투 웨이 로우  
No. T-2WR W1475×L1845×H1305



### Wide Chest Press

와이드 체스트 프레스  
No. T-WCP W1465×L1775×H1905



### Incline Chest Press

인클라인 체스트 프레스  
No. T-ICP W1680×L1825×H1410



### Chest & Decline Combo

체스트 & 디크라인 콤보  
No. T-SDCP W1635×L1675×H1410



### Pec Dec Fly

펙덱플라이  
No. T-PFRD W1450×L1760×H1410



### Shoulder Press

숄더 프레스  
No. T-SP W1700×L1890×H1315



### Lateral Raise

레터럴 레이즈  
No. T-LTR W1425×L1140×H1380

M-TORTURE LINE



### Arm Curl

암컬  
No. T-AC W1585×L1280×H1170



### Overhead Extension

오버 헤드 익스텐션  
No. T-OHE W1350×L1300×H1400



### Power Leg Press

파워 레그 프레스  
No. T-PLP W1520×L2170×H1295



### Hack Squat

해스쿼트

No. T-HS W1500×L2290 ×H1490



### V-Squat

V-스쿼트

No. T-VSQS W1520×L2155×H1570



### Squat & Calf Raise

스쿼트 & 카프 레이즈

No. T-SCR W1195×L1985×H1960

2023.  
NEW PRODUCT



### Drop Squat

드롭 스쿼트

No. T-DS W1500×L1750×H1770



### Hack Press

해스프레스

No. T-HP W1805×L1150×H1015



### Leg Extension

레그 익스텐션

No. T-LE W1430×L1600×H1090



### Kneeling Leg Curl

닐링 레그 컬

No. T-KLC W1340×L1280×H1330



### Leg Curl

레그 컬

No. T-LC W1790×L1330×H830



### Hip Thrust

힙 트러스트

No. T-HTT W1400×L1850×H1055



### Reverse Hyper

리버스 하이퍼

No. T-RH W1230×L1600×H1630



### Glute Kick Back

글루터

No. T-GH W1300×L1570 ×H1730



**EXPERIENCE  
DEEPER AND BROADER STIMULATION  
WITH OUR APPLIED ROTATION TECHNOLOGY**



# M-TORTURE-R LINE

뉴텍웰니스만의 회전 기술을 적용하여, 더욱 퀄리티 있는 운동 수행이 가능하도록 설계되었습니다.

Designed with NEWTECH WELLNESS's unique rotation technology, it allows for higher quality workout performance.

January 1, 2024.

COMING SOON

January 1, 2024.

COMING SOON



## Seated Chest Press

시트드 체스트 프레스

No. NA-SCP W1190×L1630×H1635

January 1, 2024.

COMING SOON

# STAY TUNED

January 1, 2024

## Shoulder Press

숄더 프레스

# STAY TUNED

January 1, 2024

## Seated Dip

시트드 딥

# STAY TUNED

January 1, 2024

Scheduled for sale on January 1, 2024.

**BUILD THE FOUNDATION  
WITH PLATELOAD'S MOST BASIC  
AND AUXILIARY EXERCISE EQUIPMENT**



# PLATE LOAD BENCH · RACKS, etc.

제품사진의 원판 및 탄력봉은 별도구매 제품입니다.  
The barbell(Weight plate and bar) in the picture is sold separately



**Smith + Half Rack**

스미스 + 하프 랙  
No. P-SHR W2100×L1870×H2200



**Smith (Vertical 2000)**

스미스 (수직형 2000)  
No. P-SM20 W2020×L1245×H2030



**Smith (Angle 2000)**

스미스 (각도형 2000)  
No. P-SMA20 W2020×L1330×H2030



**3D Rack**

3D 랙  
No. F-3DR W1760×L1790×H2250



**Power Rack**

파워 랙  
No. F-PR W1650×L1820×H2340



**Half Rack**

하프 랙  
No. F-HR W1650×L1410×H2275



### Squat Rack

스쿼트 랙

No. F-SR W1220×L1800×H1735



### Plate Flat Press

해머 플랫 벤치

No. P-FBP W1350×L1810×H1035



### Plate Incline Press

해머 인크라인 벤치

No. P-IBP W1350×L2150×H1245



### Plate Decline Press

해머 디크라인 벤치

No. P-DBP W1300×L2180×H1035



### Plate Shoulder Press

해머 숄더 프레스

No. P-SP W1370×L1425×H1275



### MV Olympic Bench

MV 올림픽 벤치

No. F-MOB W1590×L1710×H1150



### Olympic Bench

올림픽 벤치

No. F-OB W1590×L1720×H1155



### Olympic Incline Bench

올림픽 인크라인 벤치

No. F-OIB W1590×L1750×H1405



### Olympic Decline Bench

올림픽 디크라인 벤치

No. F-ODB W1590×L2020×H1160



### Adjustable Incline Bench

각도조절 인크라인 벤치

No. F-AIB W610×L1520×H500



### Adjustable Decline Bench

각도조절 디크라인 벤치

No. F-ADB W675×L1500×H650



### Flat Bench

보조 평벤치

No. F-FB W680×L1300×H435



### Utility Bench

유틸리티 벤치  
No. F-UB W700×L1330×H880

2023.  
NEW PRODUCT



### Preacher Curl Bench

프리쳐 컬 벤치  
No. F-PCB W1065×L1075×H1005

2023.  
NEW PRODUCT



### Preacher Curl Bench (Stand Type)

프리쳐 컬 벤치 (스탠드형)  
No. F-PCB-S W800×L1020×H940



### Hip Thrust Bench

힙 트러스트 벤치  
No. F-HTTB W830×L580×H475



### Bentover Bench

벤트오버 벤치  
No. F-BOB W700×L1504×H778



### Sit Up

심 업  
No. F-SU W690×L1520×H1190



### Moving Leg Raise

무빙 레그 레이즈  
No. F-MLR W690×L1075×H1370



### Dip & Leg Raise

딤 & 레그 레이즈  
No. F-DLR W680×L1420×H1580



### Twist Double

트위스트 2인용  
No. F-TD W540×L1480×H1285



### Roman Chair (45~90° Adjust Type)

로만 체어 (45~90° 조절식)  
No. F-RC W835×L1240×H845



### GHD 90° Roman Chair

GHD 90°로만체어  
No. F-GHD W920×L1635×H960



### Bentover Lateral Raise

벤트오버 레터럴 레이즈  
No. P-BLR W745×L1740×H965



### T-Bar Row

T-바 로우  
No. P-TR W900×L2167×H895



### Seated Calf Raise

시트드 카프 레이즈  
No. F-SCR W540×L1230×H950



### Dumbbell Rack (Basic Type)

덤벨 정리대 (기본형3단)  
No. F-DBR W2415×L760×H930



### Dumbbell Rack (Low Type)

덤벨 정리대 (낮은형2단)  
No. F-DBR-2 W2415×L580×H650



### Dumbbell Rack (Small Type)

덤벨 정리대 (소형3단)  
No. F-DBR-3 W1580×L685×H1040



### Plates Rack

원판 정리대  
No. F-DR W600×L610×H1345



### Fixed Barbell Rack

고정식 바벨 정리대  
No. F-FBR W1200×L920×H1620



### Fixed Barbell Rack (Half)

고정식 바벨 정리대 (분리형)  
No. F-FBR-H W885×L600×H1620



### Barbell Rack (Stand Type)

바벨 정리대 (스탠드형)  
No. F-BR-S W1245×L600×H245



### Handle Rack Pro

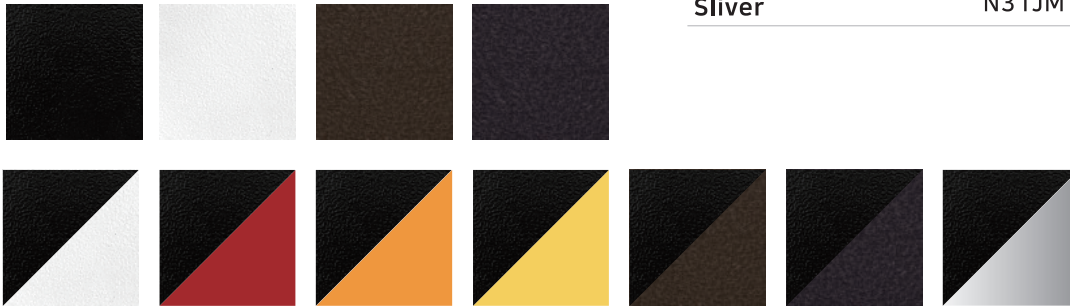
핸들랙 프로  
No. F-HDR-P W780×L1190×H1365

# Product Color

## Color Code

Black	H-BK0333-T1 I-AN401K
White	H-WH0540-T9 0540
Dark Brown (CP005)	PX8583(H)-HF
Dark Purple (CP008)	EX8816(H)-HF
Red	FEM935 RED(BY)
Yellow	EP100 YELLOW(NT)
Light Yellow	H-YW0631-T3-NH-E10104
Sliver	N31JM

## Color Chart



## Color Exemple



Black



White



CP005



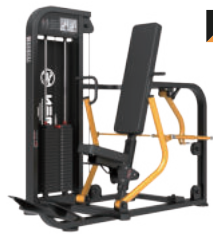
CP008



Black & White



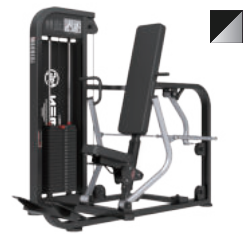
Black & Red



Black & Yellow



Black & Light Yellow

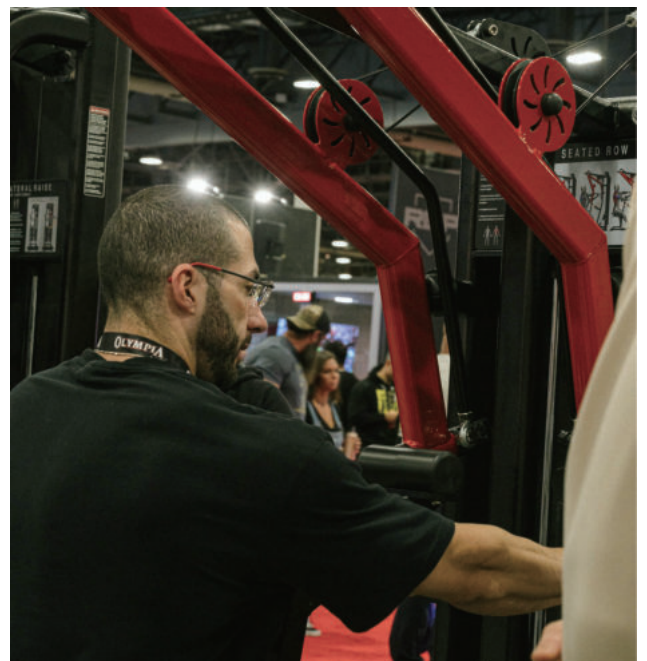


Black & Sliver

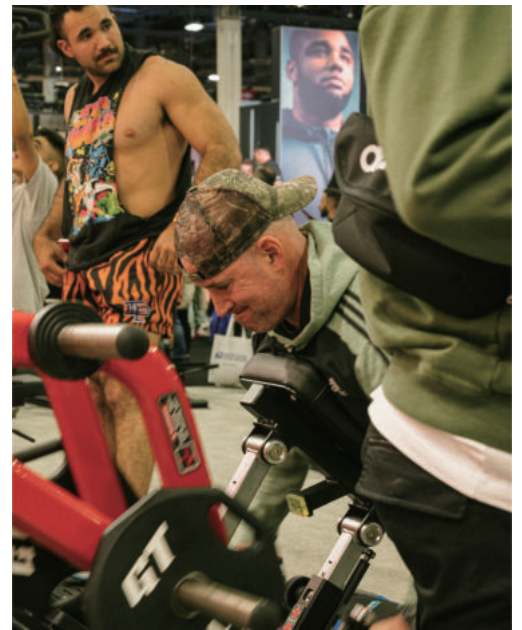
실제 제품 색상은 사진과 약간의 차이가 있을 수 있습니다.  
Actual product color may be slightly different from photos.

## Criteria for use of color

FRAME COLORS		ALL FRAME	ACTUATION FRAME
Black		Available	Available
White		Available	Available
Dark Brown (CP005)		Available	Available
Dark Purple (CP008)		Available	Available
Red		NOT Available	Available
Yellow		NOT Available	Available
Light Yellow		NOT Available	Available
Sliver		NOT Available	Available











# SPOEX 2023

Seoul International Sports & Leisure Industry Show  
2023 서울국제스포츠레저산업전

2023. 2. 16(목) ~ 19(일) COEX

HEALTH/FITNESS/NUTRITION · SPORTING GOODS  
OUTDOOR CAMPING · VR SPORTS · WATER SPORTS  
BIKES/EXTREME SPORTS · SPORTS FACILITIES







# FIBO GLOBAL FITNESS



2023

국제 피트니스 박람회 FIBO

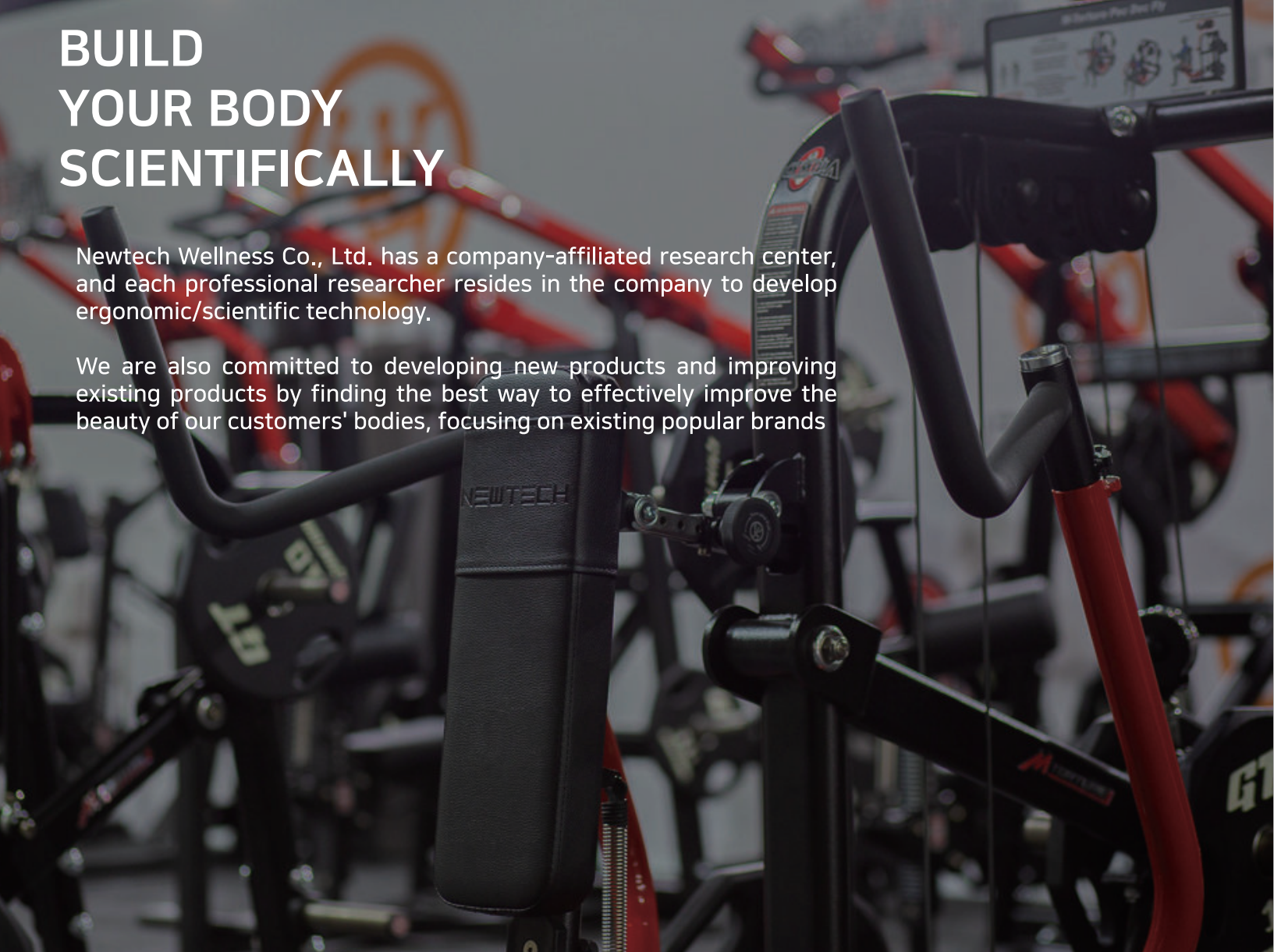




# BUILD YOUR BODY SCIENTIFICALLY

Newtech Wellness Co., Ltd. has a company-affiliated research center, and each professional researcher resides in the company to develop ergonomic/scientific technology.

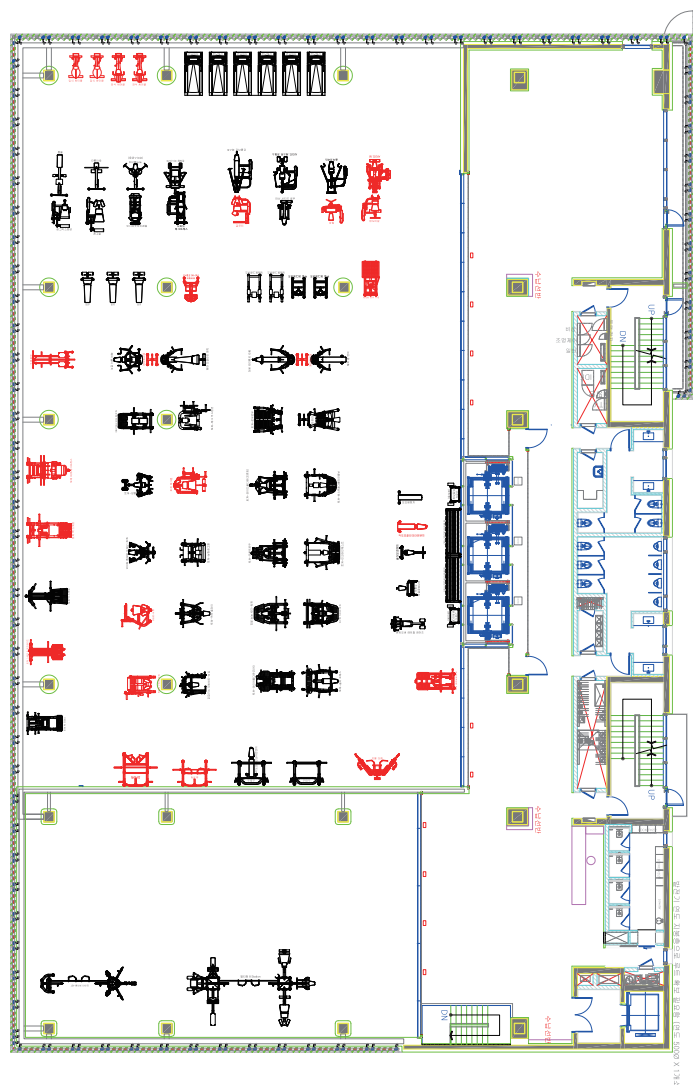
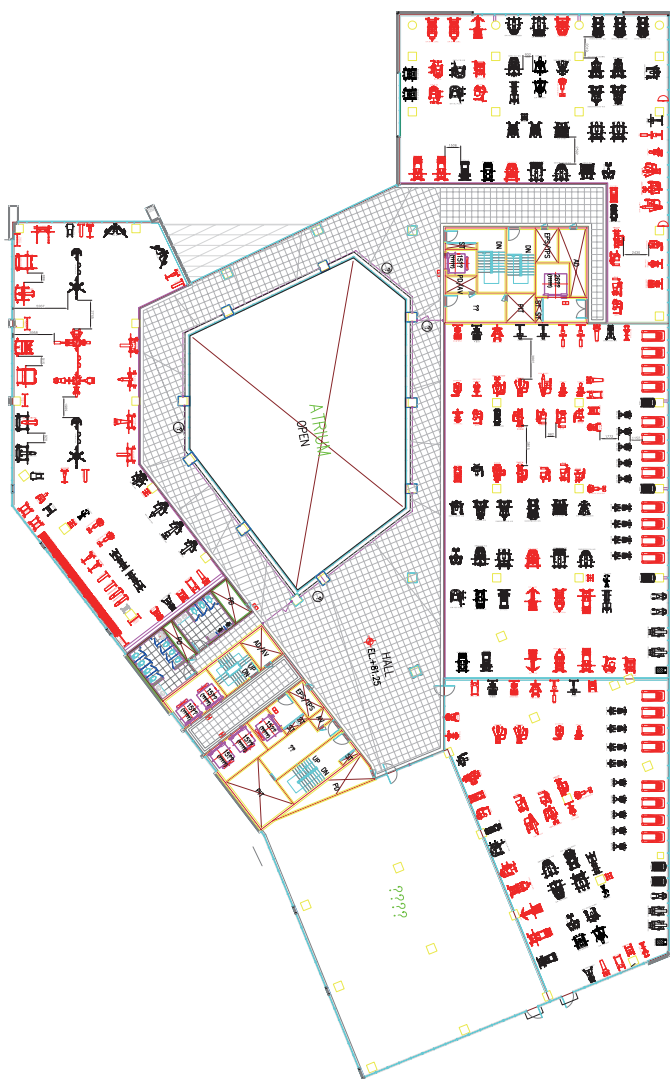
We are also committed to developing new products and improving existing products by finding the best way to effectively improve the beauty of our customers' bodies, focusing on existing popular brands





# DECORATE WITH YOUR IDEAL GYM FACILITY

To ensure efficient product placement and space, our experts directly propose layout drawings, identify customer needs, and help you build your ideal sports



# ERGONOMIC TECHNOLOGY DEVELOPMENT

A number of professional researchers in the company are using ergonomics to focus on technology development so that there are no restrictions on exercise for anyone regardless of nationality or gender.

In this way, 'Newtech Wellness' improves more than 10 new products and existing products every year, and continues to strive for technology rights by applying for patents or utility models to further enhance its competitiveness in the global market.







ADVANCE	CODE	DIMENSIONS (W x L x H)	WEIGHT BLOCK
Seated Chest Press	A-SCP	1280 x 1880 x 1620 (mm)	100kg
Incline Chest Press	A-ICP	1250 x 2160 x 1620 (mm)	100kg
Pec Dec Fly (With Reverse)	A-PFRD	1250 x 1385 x 2030 (mm)	100kg
Standing Fly Chest&Back	A-SBF	965 x 1410 x 2290 (mm)	112.5kg
Lat Pulldown (High Pulley)	A-LPD	1240 x 1420 x 2360 (mm)	100kg
Seated Row	A-SR	700 x 1310 x 1975 (mm)	100kg
Chin-UP, Dip Assist	A-CDA	1140 x 1645 x 2195 (mm)	100kg
Shoulder Press	A-SP	1345 x 1625 x 1620 (mm)	100kg
Standing Lateral Raise	A-SLR	1020 x 1440 x 1925 (mm)	75kg
Arm Curl	A-AC	1085 x 1270 x 1620 (mm)	75kg
Seated Dip	A-SD	1210 x 1695 x 1620 (mm)	150kg
Rotary Torso	A-RT	1060 x 1335 x 2090 (mm)	75kg
Abdominal	A-AB	1000 x 1190 x 1620 (mm)	75kg
Leg Extension	A-LE	1060 x 1230 x 1620 (mm)	115kg
Leg Curl	A-LC	990 x 1735 x 1620 (mm)	100kg
Seated Leg Press	A-SLP	1050 x 1675 x 1620 (mm)	150kg
Hip Adduction / Abduction	A-ADDABD	800 x 1555 x 1620 (mm)	112.5kg
Glute Kick - Back	A-GH	960 x 1440 x 1620 (mm)	75kg
Standing Calf Raise	A-SCR	790 x 1505 x 1810 (mm)	150kg

ONHIM	CODE	DIMENSIONS (W x L x H)	WEIGHT BLOCK
Seated Chest Press	OH-SCP	1230 x 1755 x 1630 (mm)	125kg
Incline Chest Press	OH-ICP	1265 x 2170 x 1620 (mm)	125kg
Pec Dec Fly with Reverse	OH-PFRD	1180 x 1400 x 2050 (mm)	125kg
Standing Fly Chest&Back	OH-SBF	950 x 1440 x 2140 (mm)	125kg
Lat Pulldown (High Pulley)	OH-LPD	700 x 1230 x 1975 (mm)	150kg
Seated Row	OH-SR	700 x 1965 x 1320 (mm)	125kg
Adjustable Low Pulley	OH-ALP	820 x 2340 x 2205 (mm)	125kg
Chin-Up, Dip Assist	OH-CDA	1180 x 1610 x 2200 (mm)	125kg
Shoulder Press	OH-SP	1335 x 1440 x 1580 (mm)	125kg
Lateral Raise	OH-LR	1015 x 1360 x 1590 (mm)	100kg
Standing Lateral Raise	OH-SLR	960 x 1490 x 1935 (mm)	100kg
Single Lateral Raise	OH-SGL	850 x 1770 x 2165 (mm)	125kg
Arm Curl	OH-AC	1100 x 1460 x 1630 (mm)	100kg
Seated Dip	OH-SD	1210 x 1655 x 1630 (mm)	150kg
Rotary Torso	OH-RT	1180 x 1245 x 2120 (mm)	100kg
Abdominal	OH-AB	1020 x 1420 x 1630 (mm)	100kg
Leg Extension	OH-LE	1015 x 1365 x 1590 (mm)	125kg
Leg Curl	OH-LC	920 x 1590 x 1580 (mm)	100kg
Seated Leg Press	OH-SLP	1060 x 1660 x 1580 (mm)	150kg
Hip Adduction /Abduction	OH-ADDABD	730 x 1560 x 1630 (mm)	112.5kg
Glute Ham	OH-GH	1010 x 1425 x 1590 (mm)	55kg
Standing Calf Raise & Squat	OH-SCR	730 x 1480 x 1810 (mm)	150kg

ONHIM-R	CODE	DIMENSIONS (W x L x H)	WEIGHT BLOCK
Seated Chest Press	OH(R)-SCP	1190 x 1630 x 1635 (mm)	100kg
Seated Row (Inward)	OH(R)-SR(I)	770 x 1505 x 2010 (mm)	100kg
Seated Row (Outward)	OH(R)-SR(O)	700 x 1520 x 2130 (mm)	100kg

CABLE MOTION & MULTI STATION	CODE	DIMENSIONS (W x L x H)	WEIGHT BLOCK
Multi Gym Pro (8Station)	C-MP8ST	6850 x 3980 x 2340 (mm)	EACH STATION 100kg
Multi Gym Pro (5Station-C)	C-MP5ST-C	5090 x 3460 x 2340 (mm)	EACH STATION 100kg
Multi Gym Pro (5Station-P)	C-MP5ST-P	5510 x 3885 x 2340 (mm)	EACH STATION 100kg
Cable Cross Over	C-CCO	3580 x 970 x 2340 (mm)	BOTH SIDE 100kg
Multi Pulley	C-DPP-2	2360 x 1370 x 2205 (mm)	BOTH SIDE 125kg
Dual Pulley	C-DP	1995 x 980 x 2310 (mm)	BOTH SIDE 125kg
Tri Cable	C-TC	2200 x 1560 x 2340 (mm)	3 SIDES EACH 100kg
Tri Cable (4Station)	C-TC4ST	4790 x 1600 x 2350 (mm)	3 SIDES EACH 100kg
Tri Cable (6Station)	C-TC6ST	5830 x 1600 x 2320 (mm)	3 SIDES EACH 100kg

# SPECIFICATIONS

M-TORTURE	CODE	DIMENSIONS (W x L x H)	WEIGHT BLOCK
Seated Row	T-SR	1330 x 1490 x 1406 (mm)	Use of Plates
Low Row 2	T-LR-2	1470 x 1490 x 1440 (mm)	Use of Plates
Front Row	T-FR	1430 x 1880 x 1855 (mm)	Use of Plates
Wide Pulldown Front	T-WP(F)	1410 x 1940 x 2010 (mm)	Use of Plates
Wide Pulldown Rear	T-WP(R)	1270 x 1660 x 2040 (mm)	Use of Plates
Wide Pulldown Rear 2	T-WP(R)-2	1310 x 2010 x 2110 (mm)	Use of Plates
High Row	T-HR	1240 x 2030 x 2330 (mm)	Use of Plates
Bentover Row	T-BOR	1240 x 2165 x 1465 (mm)	Use of Plates
Two Way Row	T-2WR	1475 x 1845 x 1305 (mm)	Use of Plates
Wide Chest Press	T-WCP	1465 x 1775 x 1905 (mm)	Use of Plates
Incline Chest Press	T-ICP	1680 x 1825 x 1410 (mm)	Use of Plates
Chest & Decline Combo	T-SDCP	1635 x 1675 x 1410 (mm)	Use of Plates
Pec Dec Fly	T-PFRD	1420 x 1860 x 1410 (mm)	Use of Plates
Shoulder Press	T-SP	1700 x 1890 x 1315 (mm)	Use of Plates
Lateral Raise	T-LTR	1425 x 1140 x 1380 (mm)	Use of Plates
Arm Curl	T-AC	1585 x 1280 x 1170 (mm)	Use of Plates
Overhead Extension	T-OHE	1350 x 1300 x 1400 (mm)	Use of Plates
Power Leg Press	T-PLP	1520 x 2170 x 1295 (mm)	Use of Plates
Hack Squat	T-HS	1500 x 2290 x 1490 (mm)	Use of Plates
V-SQUAT	T-VSQS	1520 x 2155 x 1570 (mm)	Use of Plates
Squat & Calf Raise	T-SCR	1195 x 1985 x 1960 (mm)	Use of Plates
Drop Squat	T-DS	1500 x 1750 x 1770 (mm)	Use of Plates
Hack Press	T-HP	1805 x 1150 x 1015 (mm)	Use of Plates
Leg Extension	T-LE	1430 x 1600 x 1090 (mm)	Use of Plates
Kneeling Leg Curl	T-KLC	1340 x 1280 x 1330 (mm)	Use of Plates
Leg Curl	T-LC	1790 x 1330 x 830 (mm)	Use of Plates
Hip Trust	T-HTT	1400 x 1850 x 1055 (mm)	Use of Plates
Reverse Hyper	T-RH	1230 x 1600 x 1630 (mm)	Use of Plates
Glute Kick Back	T-GH	1300 x 1570 x 1730 (mm)	Use of Plates

TORTURE-R	CODE	DIMENSIONS (W x L x H)	WEIGHT BLOCK
Seated Chest Press	T-SCP	1630 x 1785 x 1560 (mm)	Use of Plates

PLATE LOAD. BENCH & RACK	CODE	DIMENSIONS (W x L x H)	WEIGHT BLOCK
Smith + Half Rack	P-SHR	2100 x 1870 x 2200 (mm)	Use of Plates
Smith (Vertical 2000)	P-SM20	2020 x 1245 x 2030 (mm)	Use of Plates

Smith (Angle 2000)	P-SMA20	2020 x 1330 x 2030 (mm)	Use of Plates
3D Rack	F-3DR	1760 x 1790 x 2250 (mm)	Use of Plates
Power Rack	F-PR	1650 x 1820 x 2340 (mm)	Use of Plates
Half Rack	F-HR	1650 x 1410 x 2275 (mm)	Use of Plates
Squat Rack	F-SR	1220 x 1800 x 1735 (mm)	Use of Plates
Plate Flat Press	P-FBP	1350 x 1810 x 1035 (mm)	Use of Plates
Plate Incline Press	P-IBP	1350 x 2150 x 1245 (mm)	Use of Plates
Plate Decline Press	P-DBP	1300 x 2180 x 1035 (mm)	Use of Plates
Plate Shoulder Press	P-SP	1370 x 1425 x 1275 (mm)	Use of Plates
MV Olympic Bench	F-MOB	1590 x 1710 x 1150 (mm)	Use of Plates
Olympic Bench	F-OB	1530 x 1720 x 1155 (mm)	Use of Plates
Olympic Incline Bench	F-OIB	1590 x 1750 x 1405 (mm)	Use of Plates
Olympic Decline Bench	F-ODB	1590 x 2020 x 1110 (mm)	Use of Plates
Adjust Incline Bench	F-AIB	610 x 1520 x 500 (mm)	-
Adjust Decline Bench	F-ADB	675 x 1500 x 650 (mm)	-
Flat Bench	F-FB	680 x 1300 x 435 (mm)	-
Utility Bench	F-UB	700 x 1330 x 880 (mm)	-
Preacher Curl Bench	F-PCB	840 x 1075 x 960 (mm)	-
Preacher Curl Bench (stand type)	F-PCB-S	800 x 1020 x 940 (mm)	-
Hip Thrust Bench	F-HTTB	830 x 580 x 475 (mm)	-
Bentover Bench	F-BOB	700 x 1505 x 780 (mm)	-
Sit UP	F-SU	690 x 1520 x 1190 (mm)	-
Moving Leg Raise	F-MLR	660 x 1075 x 1370 (mm)	-
Dip & Leg Raise	F-DLR	700 x 1440 x 1580 (mm)	-
Twist Double	F-TD	540 x 1480 x 1285 (mm)	-
Roman Chair (45~90° Adjust)	F-RC	860 x 1260 x 845 (mm)	-
GHD 90° Roman Chair	F-GHD	920 x 1635 x 960 (mm)	-
Bentover Lateral Raise	P-BLR	745 x 1760 x 965 (mm)	Use of Plates
T-Bar Row	P-TR	900 x 2167 x 895 (mm)	Use of Plates
Seated Calf Raise	F-SCR	590 x 1250 x 950 (mm)	-
Dumbbell Rack (Basic)	F-DBR	2415 x 760 x 930 (mm)	-
Dumbbell Rack (Low)	F-DBR-2	2415 x 580 x 650 (mm)	-
Dumbbell Rack (Small)	F-DBR-2	1580 x 685 x 1040 (mm)	-
Discus Rack	F-DR	600 x 610 x 1345 (mm)	-
Fixed Barbell Rack	F-FBR	1000 x 850 x 1620 (mm)	-
Fixed Barbell Rack (Half)	F-FBR-H	885 x 600 x 1620 (mm)	-
Barbell Rack (Stand)	F-BR-S	1245 x 600 x 245 (mm)	-
Handle Rack Pro	F-HDR-P	780 x 1190 x 1365 (mm)	-

# CERTIFICATES AND PATENTS



▲ ISO 14001 Certificate(Korean)



▲ ISO 14001 Certificate(English)



▲ ISO 9001 Certificate(Korean)



▲ ISO 9001 Certificate(English)



▲ KC Certificate (Leg Extension Machine)



▲ KC Certificate (Bench Press)



▲ KC Certificate (Updownal)



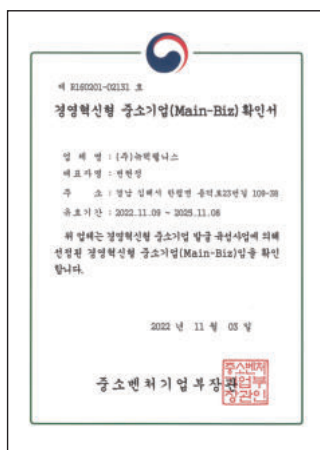
▲ KC Certificate (Let Pull Down Machine)



▲ TUV Certificate (Wide Pulldown Rear-2)



▲ TUV Certificate (Multi Pulley)

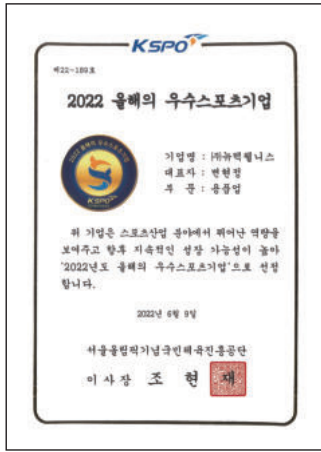


▲ MAIN-BIZ

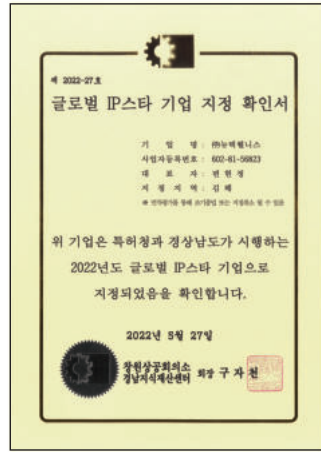


▲ INNO-BIZ

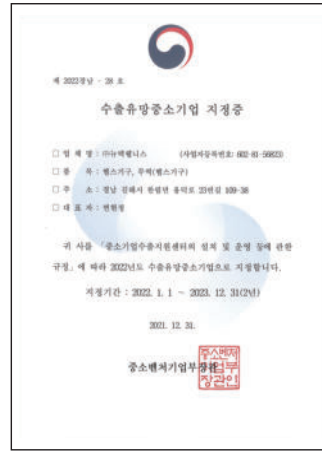




▲ 2022 Outstanding Sports Company of the Year



▲ Designated as a global IP star company



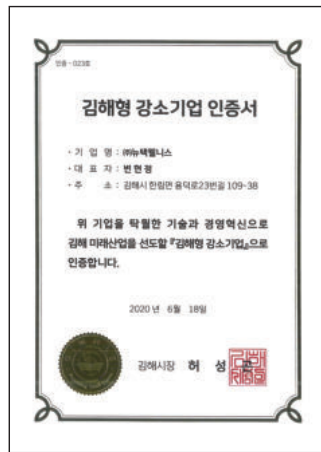
▲ Certificate of Designation as Promising Export Small and Medium Business



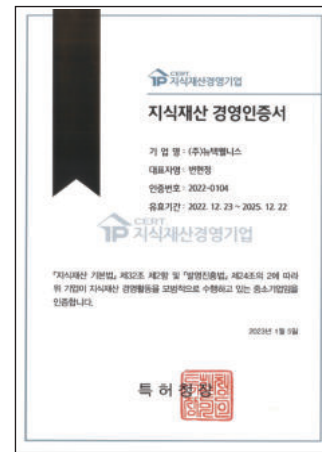
▲ Tower of Export Award (Million Dollar Tower)



▲ Company-affiliated research institute certificate



▲ Gimhae-si small and strong company certificate



▲ Intellectual property management certificate



▲ Patent certificate



▲ Patent certificate



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▲ Utility model registration certificate



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▲ Design registration certificate



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▲ Design registration certificate



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NEW TECHNOLOGY FOR FITNESS

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## NEWTECH WELLNESS CO., LTD

Headquarters and Gimhae Showroom Address  
: 109-38, Yongdeok-ro 23beon-gil, Hallim-myeon,  
Gimhae-si, Gyeongsangnam-do  
TEL. + 82-55-343-1561 FAX. +82-55-343-1562

E-mail: [newtech@ntws.co.kr](mailto:newtech@ntws.co.kr)  
Web site: [www.newtech-wellness.com](http://www.newtech-wellness.com)

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