

A close-up, low-angle shot of a black metal barbell. The word 'IRONFIT' is embossed in large, silver, block letters on the bar. The 'TM' trademark symbol is visible at the end of the word. The background is dark and out of focus, showing parts of the gym equipment.

IRONFIT™

IRON PROOF QUALITY FROM FINLAND

2024

QUALITY AND INNOVATION FROM FINLAND

We offer a versatile selection of gym equipment for different spaces and needs. There is equipment made in Finland down to the smallest details to last continuous use in gyms, and they correspond to EU regulations. Our selection includes the best on the market devices both in terms of operating characteristics and durability.

In addition to finished products, design and device manufacturing can happen according to your wishes, in which case you will receive customized ones machines in your own color, for example.

info@ironfit.fi

» SELECTORIZED

Heavy Duty p. 3
Compact p. 7

» PULLEYS AND MULTI STATIONS

Heavy Duty p. 11
Compact p. 13

» PLATE LOADED

Heavy Duty p. 15
Compact p. 20

» BENCHES AND RACKS

Heavy Duty p. 22
Compact p. 27

» FUNCTIONAL TRAINING

Heavy Duty p. 30



Produced In Finland according to the
European SFS-EN 957-2 standards.



STANDING LATERAL RAISE

Product code	HD8011
Length	150 cm
Width	90 cm
Height	235 cm
Weight	290 kg
Weight stack	120 kg
Adjustments	Lifting height of the handles
Options	160 kg weight stack



REAR DELT / PEC FLY

Product code	HD8012
Length	150 cm
Width	82 cm
Height	225 cm
Weight	260 kg
Weight stack	120 kg
Adjustments	Seat height, chest/backrest horizontal
Options	160 kg weight stack



BICEPS CURL

Product code	HD8006
Length	140 cm
Width	115 cm
Height	180 cm
Weight	250 kg
Weight stack	80 kg
Adjustments	Seat height



SELECTORIZED LOW ROW

Product code	HD8013
Length	170 cm
Width	82 cm
Height	225 cm
Weight	280 kg
Weight stack	120 kg
Adjustments	Seat height, chest/backrest horizontal
Options	160 or 200 kg weight stack



TRICEPS EXTENSION

Product code	HD8005
Length	140 cm
Width	115 cm
Height	180 cm
Weight	250 kg
Weight stack	80 kg
Adjustments	Bench



ASSIST CHIN DIP

Product code	HD8017
Length	150 cm
Width	120 cm
Height	240 cm
Weight	280 kg
Weight stack	80 kg
Options	120 kg weight stack



LEG EXTENSION

Product code	HD8001
Length	140 cm
Width	115 cm
Height	180 cm
Weight	260 kg
Weight stack	120 kg
Options	160 or 200 kg weight stack
Adjustments	Start angle, ankle support, backrest
Other	Belt



SELECTORIZED HIP THRUSTER

Product code	HD8010
Length	175 cm
Width	150 cm
Height	180 cm
Weight	320 kg
Weight stack	120 kg
Options	160 kg weight stack



SEATED LEG CURL

Product code	HD8002
Length	140 cm
Width	115 cm
Height	180 cm
Weight	250 kg
Weight stack	120 kg
Options	160 kg weight stack
Adjustments	Start angle, ankle support, thigh support



PRONE LEG CURL

Product code	HD8003
Length	170 cm
Width	115 cm
Height	180 cm
Weight	250 kg
Weight stack	120 kg
Options	160 kg weight stack
Adjustments	Start angle, ankle support



LEG EXTENSION AND CURL

Product code	HD8004
Length	140 cm
Width	115 cm
Height	180 cm
Weight	250 kg
Weight stack	120 kg
Options	160 kg weight stack
Adjustments	Start angle, ankle support and backrest



GLUTE EXTENSION

Product code	HD8009
Length	125 cm
Width	115 cm
Height	180 cm
Weight	250 kg
Weight stack	120 kg
Options	160 kg weight stack



SELECTORIZED LEG PRESS

Product code	HD8008
Length	200 cm
Width	115 cm
Height	180 cm
Weight	370 kg
Weight stack	200 kg
Adjustments	Bench distance, starting depth
Other	Belt

CHOOSE THE COLOR THEME OF THE MACHINES YOURSELF



You can design the colors of the device or devices that fit well with the style or theme of the gym. We have at our disposal the entire RAL color chart, from which you can choose the color to your desire.

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CHEST PRESS

Product code	ST-1002
Length	140 cm
Width	145 cm
Height	180 cm
Weight	255 kg
Weight stack	120 kg
Options	160 kg weight stack
Adjustments	Seat, backrest



SHOULDER PRESS

Product code	ST-2001
Length	130 cm
Width	133 cm
Height	180 cm
Weight	260 kg
Weight stack	120 kg
Adjustments	Seat, backrest



ABDOMINAL CRUNCH

Product code	ST-4002
Length	115 cm
Width	93 cm
Height	175 cm
Weight	240 kg
Weight stack	120 kg



ROTARY TORSO

Product code	ST-5006
Length	90 cm
Width	80 cm
Height	225 cm
Weight	245 kg
Weight stack	80 kg
Adjustments	Seat



BACK EXTENSION

Product code	ST-5005
Length	115 cm
Width	93 cm
Height	175 cm
Weight	245 kg
Weight stack	80 and 120 kg
Adjustments	Starting angle, starting height



SEATED LEG CURL

Product code	ST-6003
Length	115 cm
Width	93 cm
Height	170 cm
Weight	270 kg
Weight stack	120 kg
Adjustments	Thigh support, starting angle, backrest



LEG EXTENSION

Product code	ST-6001
Length	115 cm
Width	93 cm
Height	170 cm
Weight	270 kg
Weight stack	120 kg
Adjustments	Thigh support, starting angle, backrest



INNER THIGH

Product code	ST-6006
Length	140 cm
Width	150 cm
Height	175 cm
Weight	260 kg
Weight stack	120 kg
Options	160 kg weight stack
Adjustments	The hand grips make it easier to set the starting position and assist with the last repetitions.



OUTER THIGH

Product code	ST-6007
Length	140 cm
Width	150 cm
Height	175 cm
Weight	260 kg
Weight stack	120 kg
Options	160 kg weight stack
Adjustments	The hand grips make it easier to set the starting position and assist with the last repetitions.



LEG PRESS

Product code	ST-6012
Length	200 cm
Width	120 cm
Height	180 cm
Weight	320 kg
Weight stack	160 kg
Real resistance	320 kg



CALF RAISE

Product code	ST-6008
Length	150 cm
Width	80 cm
Height	175 cm
Weight	320 kg
Weight stack	160 kg
Options	200 kg weight stack



ABDOMINAL AND BACK EXTENSION

Product code	ST-4005
Length	115 cm
Width	93 cm
Height	175 cm
Weight	250 kg
Weight stack	80 kg
Options	120 kg weight stack



LEG EXTENSION AND CURL

Product code	ST-6000
Length	115 cm
Width	93 cm
Height	170 cm
Weight	275 kg
Weight stack	120 kg
Adjustments	Thigh support, starting angle, backrest



PULLDOWN AND SEATED ROW

Product code	ST-5004
Length	190 cm
Width	75 cm
Height	228 cm
Weight	260 kg
Weight stack	120 kg
Options	160 kg weight stack



INNER AND OUTER THIGH

Product code	ST-6067
Length	140 cm
Width	150 cm
Height	175 cm
Weight	265 kg
Weight stack	120 kg
Options	160 kg weight stack
Adjustments	The hand grips make it easier to set the starting position and assist with the last repetitions.

Briefly about the company

Ironfit Ltd was founded in 2010 and manufactures gym equipment in Finland. In addition to the Ironfit equipment brands, we also manufacture Normann gym equipment, the roots of which go back to 1984. Normann is currently sold as a model series Ironfit Compact.

All devices are manufactured for public use and comply with EU regulations. We invest in quality, safety and ergonomics, so our selection includes the best devices on the market, both in terms of operating characteristics and durability.

Ironfit Ltd operations and production facilities are located in Heinola, about 120 kilometers north of Helsinki. The showroom is also located here, where customers have the opportunity to try out the equipment before making a purchase decision.



SEATED ROW

Product code	HD9002
Length	180 cm
Width	82 cm
Height	235 cm
Weight	270 kg
Weight stack	120 kg
Options	160 and 200 kg weight stack



ADJUSTABLE ROW

Product code	HD9002B
Length	240 cm
Width	82 cm
Height	235 cm
Weight stack	120 kg
Options	160 and 200 kg weight stack



PULLDOWN

Product code	HD9001
Length	120 cm
Width	82 cm
Height	235 cm
Weight	290 kg
Weight stack	120 kg
Options	160 and 200 kg weight stack



PULLDOWN AND SEATED ROW

Product code	HD9003
Length	175 cm
Width	82 cm
Height	235 cm
Weight	330 kg
Weight stack	120 kg
Options	160 and 200 kg weight stack



MULTI STATION WITH CABLE CROSSOVER

Product code	HD9006
Length	600 cm
Width	350 cm
Height	235 cm
Weight	840 kg
Weight stack	80 and 120 kg
Options	160 and 200 kg weight stack



ADJUSTABLE CABLE CROSSOVER

Product code	HD9005
Length	440 cm
Width	82 cm
Height	235 cm
Weight	420 kg
Weight stack	120 kg
Options	160 kg weight stack
Other	Cable-driven 3.5/5.6 mm PA-coated



ADJUSTABLE CABLE STATION

Product code	HD9007
Length	80 cm
Width	82 cm
Height	235 cm
Weight	180 kg
Weight stack	120 kg
Options	160 kg weight stack



MULTI STATION

Product code	HD9004
Length	400 cm
Width	350 cm
Height	235 cm
Weight	640 kg
Weight stack	80 and 120 kg
Options	160 and 200 kg weight stack



PULLDOWN

Product code	ST-5001
Length	110 cm
Width	75 cm
Height	228 cm
Weight	240 kg
Weight stack	120 kg
Options	160 kg weight stack



PULLDOWN WITH DOUBLE HANDLES

Product code	ST-5001B
Length	110 cm
Width	75 cm
Height	228 cm
Weight	250 kg
Weight stack	120 kg
Options	160 kg weight stack



SEATED ROW WITH DOUBLE HANDLES

Product code	ST-5002B
Length	190 cm
Width	75 cm
Height	228 cm
Weight	250 kg
Weight stack	120 kg
Options	160 kg weight stack



SEATED ROW

Product code	ST-5002
Length	190 cm
Width	75 cm
Height	228 cm
Weight	240 kg
Weight stack	120 kg
Options	160 kg weight stack



CABLE CROSSOVER

Product code	ST-7001
Length	270 cm
Width	75 cm
Height	228 cm
Weight	280 kg
Weight stack	80 kg
Options	120 kg weight stack



PULLDOWN AND SEATED ROW

Product code	ST-5004
Length	190 cm
Width	75 cm
Height	228 cm
Weight	260 kg
Weight stack	120 kg
Options	160 kg weight stack



ADJUSTABLE CABLE CROSSOVER

Product code	ST-7002
Length	310 cm
Width	75 cm
Height	228 cm
Weight	320 kg
Weight stack	80 kg
Options	120 kg weight stack



ADJUSTABLE CABLE STATION

Product code	ST-7003
Length	75 cm
Width	102 cm
Height	228 cm
Weight	220 kg
Weight stack	80 kg
Options	120 kg weight stack

AB & CORE PLANKING MACHINE

A novelty device that has not been seen before on the fitness equipment market. Ironfit Ab & Core device, with which planking is raised to a new level and on the road to development. By increasing the resistance, the muscles get the development direction they need.

Planking are a great exercise for working the deep muscles of the core. In addition to the abdominal muscles, it strengthens the supporting muscles of the spine and the muscles of the pelvic floor, and planking improves posture.

With Ironfit's Ab & Core device, planking can be practiced progressively, i.e. by increasing the resistance, so that the muscles develop faster. The device can also be used in a sideways position, in which case the main focus of the exercise is more on the oblique abdominal muscles.



Product code	D2019
Length	141 cm
Width	108 cm
Height	55 cm
Weight	37.5 kg
Adjustments	Starting height



SMITH MACHINE

Product code	D2020
Length	160 cm
Width	220 cm
Height	215 cm
Weight	170 kg
Inner width	120.5 cm
Bar grip width	116.5 cm
Barbell weight	30 kg
Lowest lift height	25.5 cm



COUNTERWEIGHT SMITH MACHINE

Product code	D2020B
Length	160 cm
Width	220 cm
Height	228 cm
Weight	200 kg
Inner width	120.5 cm
Bar grip width	116.5 cm
Bar weight with counterweight	10 kg
Lowest lift height	25.5 cm



REVERSE HYPER

Product code	D2018
Length	140 cm
Width	130 cm
Height	140 cm
Weight	150 kg
Adjustments	Ankle support (floating), hand grips



PRONE LEG CURL

Product code	D2014
Length	180 cm
Width	120 cm
Height	90 cm
Weight	160 kg
Adjustments	Ankle support, starting height



LEG EXTENSION

Product code	D2017
Length	160 cm
Width	120 cm
Height	115 cm
Weight	170 kg
Adjustments	Ankle support, starting position, backrest



BICEPS AND TRICEPS MACHINE

Product code	D2013
Length	120 cm
Width	120 cm
Height	90 cm
Weight	150 kg
Adjustments	Hand grips



HIGH ROW

Product code	504B
Length	128 cm
Width	133 cm
Height	203 cm
Weight	175 kg
Adjustments	Seat height



LOW ROW

Product code	503B
Length	135 cm
Width	115 cm
Height	125 cm
Weight	150 kg
Adjustments	Seat height, chest support



INCLINE BENCH PRESS

Product code	505B
Length	130 cm
Width	180 cm
Height	165 cm
Weight	175 kg
Adjustments	Seat height, starting depth



DIP MACHINE

Product code	506B
Length	165 cm
Width	157 cm
Height	97 cm
Weight	160 kg
Adjustments	Height of the footrest, direction of the bench



SISSY SQUAT MACHINE

Product code	D2011
Length	137 cm
Width	77 cm
Height	143 cm
Weight	140 kg
Other	Places for additional loads and resistance bands



HIP THRUSTER

Product code	D2012
Length	175 cm
Width	130 cm
Height	124 cm
Weight	180 kg



BELT SQUAT MACHINE

Product code	D2016
Length	180 cm
Width	120 cm
Height	120 cm
Weight	150 kg
Adjustments	Two starting heights



T-BAR ROWING HANDLE

Product code	D2006B
Length	30 cm
Width	80 cm
Height	45 cm
Weight	10 kg



LEG PRESS

Product code	D2000
Length	220 cm
Width	160 cm
Height	150 cm
Weight	360 kg
Foot plate	Weight 100 kg, 115 x 75 cm
Adjustments	Foot plate (stepless), backrest



SPECIAL HACK

Product code	D2001
Length	215 cm
Width	105 cm
Height	130 cm
Weight	150 kg
Adjustments	Foot plate



LEG PRESS

Product code	D2002
Length	200 cm
Width	190 cm
Height	160 cm
Weight	300 kg
Foot plate	90 x 70 cm
Adjustments	Foot plate, backrest



HACK SQUAT

Product code	602B
Length	215 cm
Width	105 cm
Height	150 cm
Weight	150 kg



LEG PRESS

Product code	603B
Length	220 cm
Width	120 cm
Height	150 cm
Weight	160 kg



HACK AND LEG PRESS

Product code	604B
Length	212 cm
Width	80 cm
Height	150 cm
Weight	180 kg



SEATED CALF

Product code	601
Length	100 cm
Width	62 cm
Height	92 cm
Weight	75 kg



LEVERAGE SQUAT MACHINE

Product code	605
Length	175 cm
Width	120 cm
Height	170 cm
Weight	150 kg



INCLINE T-BAR ROW

Product code	502
Length	210 cm
Width	110 cm
Height	150 cm
Weight	80 kg



T-BAR

Product code	501B
Length	209 cm
Width	80 cm
Height	55 cm
Weight	80 kg
Kapacity	300 kg



SQUAT RACK

Product code	D2007
Length	120 cm
Width	250 cm
Height	200 cm
Weight	120 kg



HALF RACK

Product code	D2004
Length	100 cm
Width	125 cm
Height	215 cm
Weight	80 kg



POWER RACK

Product code	D2005
Length	120 cm
Width	125 cm
Height	231 cm
Weight	100 kg
Kapacity	750 kg



POWER RACK WITH EXTRAS

Product code	D2006
Length	120 cm
Width	125 cm
Height	220 cm
Weight	150 kg



BENCH PRESS WITH SAFETY BARS

Product code	H500
Length	130 cm
Width	125 cm
Height	110 cm
Weight	76 kg



POWER LIFTING BENCH WITH ASSISTANT

Product code	H1000B
Length	150 cm
Width	125 cm
Height	110 cm
Weight	110 kg



INCLINE BENCH

Product code	H1001
Length	160 cm
Width	125 cm
Height	130 cm
Weight	120 kg
Adjustments	Seat



ADJUSTABLE DECLINE BENCH

Product code	H1002
Length	165 cm
Width	125 cm
Height	110 cm
Weight	120 kg
Adjustments	Footrest



DUMBBELL ASSISTANTS

Product code	H1017
Length	120 cm
Width	100 - 150 cm
Height	106 - 166 cm
Weight	71.5 kg



FLAT BENCH

Product code	H1004
Length	125 cm
Width	70 cm
Height	45 cm
Weight	32 kg



METAL POLES

Product code	H1010
Height	220 cm
Width	80 cm
Length	70 cm
Weight	45 kg



ADJUSTABLE SQUAT STANDS

Product code	D2003
Height	122 - 152 cm
Width	85 - 125 cm
Length	77 cm
Weight	50 kg



DIP RACK

Product code	H1008
Length	105 cm
Width	70 cm
Weight	70 kg



VERTICAL KNEE-UP AND DIP

Product code	H1007
Length	120 cm
Width	70 cm
Weight	97 kg



SCOTT BENCH

Product code	H1006
Length	100 cm
Width	70 cm
Weight	70 kg



ABDOMINAL BENCH

Product code	H1011
Length	150 cm
Width	70 cm
Weight	45 kg



ADJUSTABLE ABDOMINAL BENCH

Product code	H1012
Length	150 cm
Width	70 cm
Weight	60 kg



ADJUSTABLE BENCH

Product code	H1003
Length	135 cm
Width	70 cm
Weight	57 kg
Other	Transfer wheels and lifting handle



BARBELL JACK

Product code	H1016
Height	35 cm
Width	105 cm
Length	140 cm
Weight	25 kg



SISSY SQUAT BENCH

Product code	H1014
Length	80 cm
Width	60 cm
Weight	35 kg



SEAL ROW BENCH

Product code	H1015
Length	125 cm
Width	125 cm
Weight	75 kg
Adjustments	Barbell holders: two heights



BACK EXTENSION

Product code	H1013
Length	150 cm
Width	80 cm
Weight	75 kg
Adjustments	Thigh length



GHD BENCH

Product code	H1005
Length	150 cm
Width	80 cm
Weight	80 kg



SUMO SQUAT STAND

Product code	H1018
Length	50 cm
Width	100 cm
Weight	25 kg



LANDMINE

Product code	H1019
Length	20 cm
Width	20 cm
Weight	5 kg



BENCH PRESS

Product code	10
Length	130 cm
Width	126 cm
Weight	50 kg



BENCH PRESS

Product code	ST-10
Length	140 cm
Width	157 cm
Grip height	75 - 110 cm
Weight	80 kg



ADJUSTABLE INCLINE BENCH PRESS

Product code	11
Length	170 cm
Width	127 cm
Grip height	100 - 137 cm
Weight	100 kg



SIT-UP BOARD FOR METAL POLES

Product code	40
Length	180 cm
Width	30 cm
Weight	30 kg
Adjustments	Foot pad height adjustment



DECLINED BENCH

Product code	12
Length	135 cm
Width	126 cm
Weight	60 kg



ROMAN BENCH PRESS

Product code	44
Length	118 cm
Width	72 cm
Weight	45 kg



FLAT BENCH

Product code	70
Length	135 cm
Width	63 cm
Weight	30 kg



BACK EXTENSION 45 DEGREES

Product code	50
Length	140 cm
Width	91 cm
Weight	50 kg



V-DIP

Product code	30
Length	76 cm
Width	72 cm
Weight	50 kg



SCOTT BENCH

Product code	31
Length	98 cm
Width	96 cm
Weight	50 kg



FLAT INCLINE BENCH

Product code	71
Length	126 cm
Width	60 cm
Weight	50 kg



ADJUSTABLE BENCH -10 +70 DEGREES

Product code	72
Length	126 cm
Width	60 cm
Weight	50 kg



VERTICAL KNEE-UP AND DIP

Product code	42
Length	87 cm
Width	77 cm
Weight	65 kg



CROSSFIT RACK 2 MODULS

Product code	D2009
Length	350 cm
Width	150 cm
Height	250 cm



CROSSFIT RACK 3 MODULS

Product code	D2010
Length	450 cm
Width	150 cm
Height	250 cm



POWER SLED

Product code	H1009
Length	80 cm
Width	60 cm
Height	100 cm
Weight	45 kg



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