Coastal Fitness

Since 1999

Keeping South Florida Healthy & Fit for over 25 Years!

VERSATILITY FOR COMPACT SPACES

The Fitness Line family of products includes a wide range of value-engineered dual and single station selectorized machines, functional trainers, and complimentary utility benches and training stations.



SPACE-EFFICIENT DESIGN

Compact designs allow tremendous flexibility in facility design. A circuit of 8 machines provides 17 exercises and fits comfortably in less than 300 sq ft of space.

COMMERCIAL QUALITY CONSTRUCTION

The Fitness Line is designed for long-term performance with the best in value engineered commercial quality components and construction.

MODERN STYLING

Low profile upright frames, contoured upholstered pads, and full metal weight stack enclosures provide an attractive and modern aesthetic.

USER-FRIENDLY FEATURES

Easy entry/exit designs, adjustments designed to enhance the user experience, and a variety of stylish comfort items including intuitive yellow adjustment knobs help create an inviting and intuitive workout experience.

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LEG EXTENSION/LEG CURL
FS-50

TRUE

The Leg Extension Machine/Leg Curl Machine allows users to choose from 4 starting positions for both Leg Extension and Seated Leg Curl exercises.

+ 5-position back pad and 6-position leg curl thigh pad to accommodate a wide range of users.
+ Five starting positions for both extensions and curls allow users to choose the range of motion best suited to their individual needs.
+ Self–adjusting ankle pad eliminates the need for an adjustment while providing proper support throughout the entire range of motion.



LEG/CALF PRESS
FS-51

TRUE

The Leg/Calf Press offers easy entry and exit and an adjustable foot platform to accommodate a wide range of users.

+ Low profile design and ergonomically positioned handles for easy entry and exit
+ Contoured back pad provides low back support throughout the entire range of motion
+ Oversized, non-skid foot platform for exercise variation



INNER/OUTER THIGH
FS-52

TRUE

The Inner-Outer Thigh features a conveniently located adjustment handle and rotating thigh pads for a quick and easy transition between inner and outer thigh exercises.

+ Swiveling thigh pads are easily accessible from the seated position and accommodate both inner and outer thigh exercises
+ Contoured back pad, ergonomically positioned handles, and rubber covered foot placement posts provide support and encourage proper alignment during exercise

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LAT PULLDOWN SEATED ROW MACHINE
FS-53

TRUE

The Lat Pulldown Seated Row Machine is designed to allow users to move easily between Lat Pulldown and Seated Row exercises.

+ 8-position thigh pad easily adjusts to accommodate a wide range of users
+ Dual foot platforms provide support and encourage proper alignment during Seated Row movement
+ Rubber coated lat bar and row handle for comfort



MULTI-PRESS
FS-54

TRUE

The Multi-Press easily adjusts into any of 4 exercise positions: Supine Press, 25 and 45 degree Incline Press, and Shoulder Press.

+ 4-position seat and back pad assembly easily adjust for supine, 25 and 45-degree incline, and shoulder press movements
+ 5-position arm allows users to choose the range of motion best suited to their individual needs
+ Dual hand grips accommodate a wide range of users and allow exercise variation



PEC FLY REAR DELT MACHINE
FS-55

TRUE

The Pec Fly Rear Delt machine is a versatile gym equipment that targets chest and shoulder muscles. This two-in-one machine offers multiple starting positions for both pec fly and rear deltoid exercises, providing users with an array of workout options.

+ 6-position seat assembly
+ 7-position arm adjustment
+ Dual-position handles replicate fluid dumbbell movements.
+ Weight stack conveniently located

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BICEPS/TRICEPS
FS-56

TRUE

The Fitness Line Biceps/Triceps provides 3 starting positions for both Biceps Curls and Triceps Extensions.

+ 5-position seat with low back support to accommodate users of all sizes
+ Three starting positions for both curls and extensions allow users to choose the range of motion best suited to their individual needs
+ Unique rotating handles require no adjustments and provide comfort and support throughout the entire range of motion



LOW BACK/ABDOMINAL
FS-57

TRUE

The Fitness Line Low Back/Abdominal allows users to easily change between Back Extension and Abdominal Crunch exercises.

+ 5 position range of motion adjustment allows users to easily change between Low Back and Abdominal Crunch exercises
+ Dual non-slip foot positions accommodate a wide range of users while providing support during exercise

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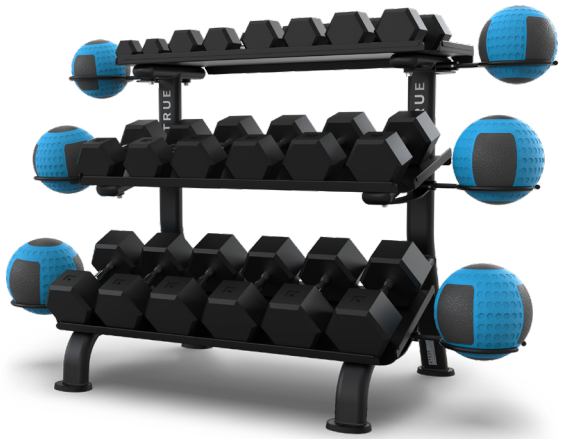


SMITH MACHINE
FS-30

TRUE

The FS-30 Smith Machine is the perfect strength and weight training accompaniment for beginners and long-time weightlifters. The machine's fixed bar only moves vertically, ensuring users maintain proper posture and balance weights evenly—it's perfect for first-time lifters and trainers without a spotter. The advanced bar catch system and dual adjustable safety stops further enhance weightlifting safety, guaranteeing safe and comfortable weight training workouts.

+ 8 position bar catch assembly with dual adjustable safety stops
+ Multiple grip chin bar for exercise variation and 8 storage posts standard



3-TIER FLAT TRAY DUMBBELL RACK
FS-24

TRUE

Compact storage solution for dumbbells, kettlebells, and medicine balls. Shown with optional Medicine Ball Rings. Accessories sold separately.

+ SKU with optional medicine ball rings: PSFS24MBR
+ Top tray accommodates kettlebells or dumbbells
+ 29" x 42" x 39"; 29" x 63" x 39" (with optional Medicine Ball Rings)



KNEE RAISE/DIP/ CHIN STATION
FS-23

TRUE

Space efficient multi-function design offers 3 exercises: Chin-ups, Dips and Knee Raise.

+ Back pad at 75 degrees and angled elbow pads for proper support
+ Multiple grip chin bar and dip handles
+ 45" x 37" x 86"

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LOW BACK/ ABDOMINAL BENCH
FS-22

TRUE

Unique dual-function bench easily adjusts between Ab Crunch and 45-degree Back Extension. The 7-position thigh pad provides proper ergonomics during back extension.

+ Unique easy-to-adjust design
+ Back pad angled 15 degrees and 3-position ankle pad
+ 51” x 31” x 32”



ABDOMINAL CRUNCH BENCH
FS-21

TRUE

The FS-21 abdominal crunch bench is a high-quality compact, utility bench, perfect for abdominal workouts. It is padded so your customers can stay comfortable as they perform their workouts. The abdominal crunch bench comes with wheels for easy moving around your gym facility.

+ Back pad angled 20 degrees and dual ankle pads for comfort and ergonomics.
+ Bench dimensions 46” x 24” x 23”



FLAT/INCLINE/DECLINE BENCH
FS-20

TRUE

The FS-20 flat/incline/decline bench is a reliable, space-saving utility bench designed for user comfort during workouts. Plus, it’s easily mobile within your facility, equipped with wheels to optimize space.

+ 6-position adjustment ranging from -10 to 80 degrees.
+ Bench dimensions 49” x 31” x 19” (Flat Position)

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