GYMVAULT

SETUP CATALOGUE
COMPLETE GYM PACKAGE



PLAMAX MULTI PRESS



REAR DELT / PEC FLY



LEG PRESS / CALF RAISE

5 DUAL-FUNCTION MACHINES · CABLE CROSSOVER

Dual-Function Strength Setup

Five Plamax dual-function machines and a full cable crossover: eleven strength movements plus cable training in a compact footprint, at one package price.

◆ FEATURING IMPULSE PLAMAX PL DUAL-FUNCTION SERIES

COMPLETE PACKAGE

₹5 Lakh

₹5,00,000

All 6 machines in this catalogue, as one package.

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01

PLAMAX DUAL-FUNCTION · UPPER BODY

Push, pull and fly, three machines deep

Each machine covers two or more movements, so three footprints give members chest, back and shoulder training without crowding the floor.



SELECTORISED · PUSH

Multi Press

IMPULSE PLAMAX · PL9021

Three presses, one machine.

Chest press, incline press and shoulder press from one station. The back pad reclines to change the pressing angle, so the whole upper-body push lives on a single footprint.

TRAINS	Chest · shoulders · triceps
MOVES	Chest · incline · shoulder press

- Multi-position reclining back pad
- Dual handles for every grip width
- Yellow quick-adjust levers



SELECTORISED · PULL

Lat Pulldown / Seated Row

IMPULSE PLAMAX · PL9002

Back width and thickness, one station.

A high pulley for pulldowns and a low pulley for seated rows. Members build the whole back without moving to another machine.

TRAINS	Lats · mid-back · rear delts · biceps
MOVES	Lat pulldown · seated row

- High and low pulley positions
- Padded thigh hold-down rollers
- Shrouded stack · exercise placard



SELECTORISED · FLY

Rear Delt / Pec Fly

IMPULSE PLAMAX · PL9022

Front and back, on one seat.

Face in for pec flyes, turn around for rear-delt flyes. One station builds the chest and the back of the shoulders, with an adjustable seat for every member.

TRAINS	Chest · rear delts · upper back
MOVES	Pec fly · rear-delt fly

- Dual movement pattern
- Adjustable seat and start position
- Smooth cable action

02

PLAMAX DUAL-FUNCTION · LOWER BODY

Every leg muscle, two machines

Press, raise, extend and curl: two dual-function stations train quads, glutes, hamstrings and calves in a fraction of the floor space.



SELECTORISED · LEGS

Leg Press / Calf Raise

IMPULSE PLAMAX · PL9010

Complete leg drive, calves included.

A reclined, supported seat and a large anti-slip footplate let members press heavy for quads and glutes, then switch to calf raises on the same machine.

TRAINS	Quads · glutes · hamstrings · calves
MOVES	Leg press · calf raise

- Large anti-slip footplate
- Reclined adjustable back pad
- Adjustable start position



SELECTORISED · THIGHS

Leg Extension / Leg Curl

IMPULSE PLAMAX · PL9019

Both sides of the thigh, one machine.

Switch between leg extensions and leg curls to train the quadriceps and hamstrings in balance, with a start position that adjusts to every member.

TRAINS	Quadriceps · hamstrings
MOVES	Leg extension · leg curl

- Dual function: extension and curl
- 30° declined seat and back pad
- Yellow quick-adjust levers

11

Movements from five footprints

The Plamax PL series is built around dual function. Every machine does double duty, so a compact floor still covers the full body.

MULTI PRESS
Chest · incline · shoulder press

LAT / ROW
Lat pulldown · seated row

DELT / FLY
Pec fly · rear-delt fly

PRESS / CALF
Leg press · calf raise

EXT / CURL
Leg extension · leg curl

+ CABLE CROSSOVER FOR EVERYTHING ELSE

03

CABLE TRAINING

Two towers, every angle

The cable crossover adds the functional, arm and core work that rounds out the dual-function machines.



CABLE · FUNCTIONAL

Cable Crossover

The most versatile station on the floor.

Two weight-stack towers with height-adjustable pulleys, joined by an overhead frame with a pull-up bar. Chest crossovers, arm finishers, face pulls, core rotations and functional patterns all happen on one station, for one member or two at once.

TRAINS	Chest · shoulders · back · arms · core
MOVES	Crossovers & flyes · pushdowns · curls · face pulls · woodchops · pull-ups

- Two independent weight stacks
- Height-adjustable pulleys on both towers
- Overhead pull-up bar
- Rope and stirrup handle shown

04

PACKAGE OVERVIEW

Six machines. A full-body strength floor.

Five dual-function Plamax machines and a cable crossover: push, pull, legs and cable work covered in a compact footprint.



Multi Press
PL9021



Lat Pulldown / Row
PL9002



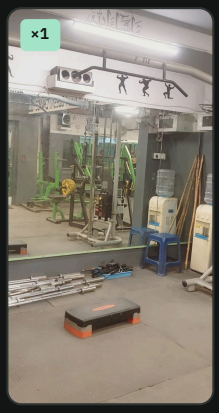
Rear Delt / Pec Fly
PL9022



Leg Press / Calf
PL9010



Leg Ext. / Curl
PL9019



Cable Crossover
CABLE

PUSH

Chest & shoulders

Multi press for three pressing angles, plus pec flyes.

PULL

Back & rear delts

Pulldowns, seated rows and rear-delt flyes.

LEGS

Full lower body

Leg press, calf raise, extensions and curls.

CABLE

Functional & arms

Crossovers, arm work, core rotations and pull-ups.

PACKAGE INVENTORY

1	Multi press	PLAMAX PL9021
1	Lat pulldown / seated row	PLAMAX PL9002
1	Rear delt / pec fly	PLAMAX PL9022
1	Leg press / calf raise	PLAMAX PL9010
1	Leg extension / leg curl	PLAMAX PL9019
1	Cable crossover	CABLE
6	**Machines · 11 movements + cable**	COMPLETE SETUP

COMPLETE PACKAGE PRICE

₹5 Lakh

₹5,00,000

Call or WhatsApp +91 83693 53858
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GYMVAULT

Ready to equip your floor?

Talk to GYMVAULT about this dual-function strength setup. Call or WhatsApp us with your questions about the equipment and the package.

CALL / WHATSAPP	+91 83693 53858
EMAIL	sales@gymvault.co
WEBSITE	gymvault.co Based in Mumbai · enquiries welcome from across India

SCAN TO WHATSAPP
ABOUT THIS SETUP

COMPLETE PACKAGE · 6 MACHINES

₹5 Lakh ₹5,00,000

Better equipment. Smarter investment.