

Fitness Product Guide

The **One** - It's **Original** Concept and Your **Only** One



INDEX

2	Introduction
3	Workout Comparison & Layout Example
4-10	Weight Stuck Machine (FUNASIS)
11-14	Free Weight (SS-G)
15-16	Treadmill (Labordo)
17-18	Cordless Bike (V series)

The Best **Quality** for Your Best Performance

Japan is entering the aged society with a low birth rate and by the middle of the century, the elderly ratio is forecasted to reach 36 percent, and Japan will have the most aged population in the world.

Purposes of workout grow more diverse than ever before. As an indoor sports equipment expert, Senoh has been providing various products to many different facilities in Japan.

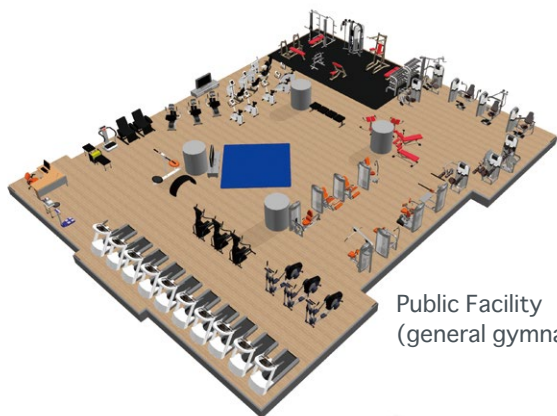
Senoh's mission is to bring pleasure and smile to all generations through various and appropriate exercise.

Let's be fit and enjoy life!

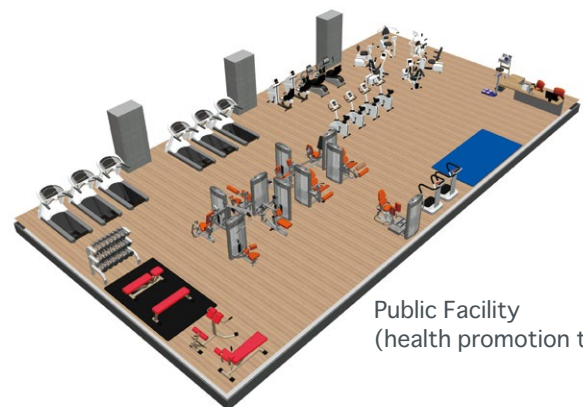


Workout Comparison & Layout Example

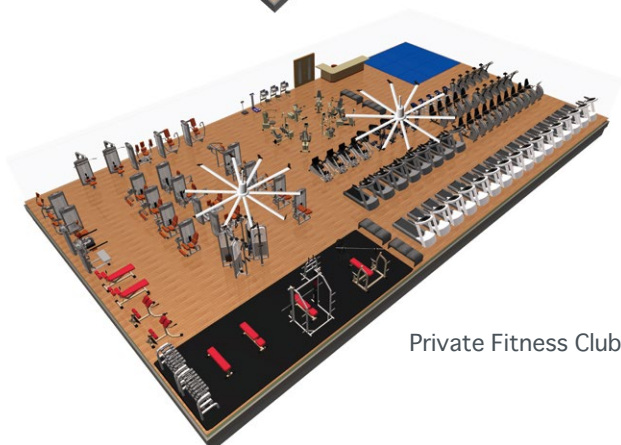
			Public Facility	Private Fitness	Medical	Preventive Care
Weight Stuck	FUNASIS		◎	○	◎	○
Free Weight	SS-G		◎	◎	△	△
Treadmill	LABORDO NEXT		◎	◎	◎	○
	LABORDO LXE		◎	◎	○	△
	LABORDO LXS		○	△	◎	◎
Cordless Bike	V67i		◎	◎	◎	◎
	V67Ri		◎	◎	◎	◎



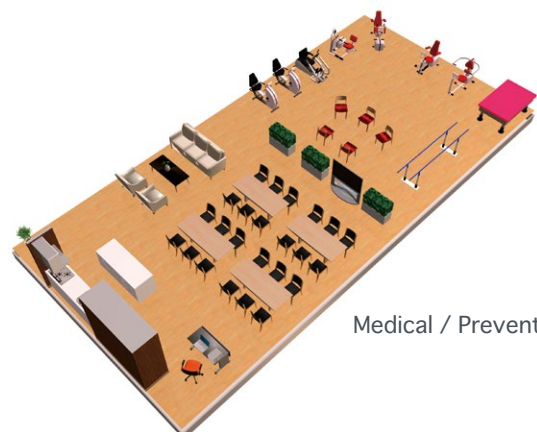
Public Facility
(general gymnasium type)



Public Facility
(health promotion type)



Private Fitness Club



Medical / Preventive Care

FUNASIS

Simple and functional gear
for your **FUN ASSISTANCE**



SPECIFICATION



Fully covered silvery weight tower achieves both high safety and design.



All weight towers with height of 1495 mm give room a sense of unity.



Easy adjustment mechanism by pulling yellow pin.

Compact

Funasis is downsized series for space saving but the frames / handles are designed to fit a wide range of physiques.

Simple

Each machine has the most necessary function to meet user's training purpose.

Safe

Easy operation and display of actual loading support safety training.

Standard pad color : Orange

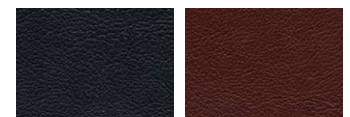


Optional colors:



Wine red

Dark blue



Dark grey

Dark brown

Weight Stuck Machine (FUNASIS)



Effective on
Greater Pectoral, Deltoid,
& Triceps Brachii Muscles



BB4020 Chest Press	
Size	W 1350 x L 894 x H 1495 mm
Body weight	137 kg
Initial loading	6 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5.0 kg x 12 pcs)



Effective on
Latissimus Dorsi, Trapezius,
Deltoid, Rhomboideus, &
Teres Major Muscles



BB4120 Seated Row	
Size	W 1224 x L 1348 x H 1495 mm
Body weight	131 kg
Initial loading	6 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5.0 kg x 8 pcs)



Effective on
Deltoid, Trapezius, Triceps Brachii,
& Serratus Anterior Muscles



BB4220 Shoulder Press	
Size	W 1300 x L 1589 x H 1495 mm
Body weight	155 kg
Initial loading	3 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5.0 kg x 12 pcs)



Effective on
Latissimus Dorsi
& Teres Major Muscles



BB4320 Lat Pulldown	
Size	W 720 x L 1280 x H 2150 mm (bar: 1215)
Body weight	115 kg
Initial loading	2 kg
Loading weight	160 kg (5.0 kg x 8 pcs + 10 kg x 12 pcs)

Weight Stuck Machine (FUNASIS)



Effective on
Quadriceps Femoris Muscle



BB4420 Leg Extension	
Size	W 890 x L 1096 x H 1495 mm
Body weight	131 kg
Initial loading	3 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5.0 kg x 12 pcs)



Effective on
Hamstrings



BB4520 Seated Leg Curl	
Size	W 890 x L 1110-1389 x H 1495 mm
Body weight	142 kg
Initial loading	2 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5.0 kg x 8 pcs)



Effective on
Quadriceps Femoris & Gluteus
Maximus Muscles (Leg Press),
Triceps Suræ Muscle (Calf Raise)



BB4620 Leg Press & Calf Raise	
Size	W 900 x L 1640 x H 1495 mm
Body weight	149 kg
Initial loading	8 kg
Loading weight	150 kg (5.0 kg x 10 pcs + 10 kg x 10 pcs)



Effective on
Greater Pectoral Muscle



BB4720 Fly	
Size	W 1400 x L 790 x H 1495 mm
Body weight	149 kg
Initial loading	3.5 kg
Loading weight	60 kg (2.5 kg x 16 pcs + 5.0 kg x 4 pcs)

Weight Stuck Machine (FUNASIS)



Effective on
Abdominal Rectus Muscle



BB4820 Crunch	
Size	W 1100 x L 1165 x H 1495 mm
Body weight	144 kg
Initial loading	2.5 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)



Effective on
Erector Spinae Muscle



BB4920 Back Extension	
Size	W 940 x L 1165 x H 1495 mm
Body weight	143 kg
Initial loading	4 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5.0 kg x 12 pcs)



Effective on
External & Internal
Oblique Muscle



BB5020 Rotary Torso & Twist	
Size	W 710 x L 1090 x H 1495 mm
Body weight	155 kg
Initial loading	1.5 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5 kg x 12 pcs)



Effective on
Erector Spinae Muscle



BB5120 Total Hip	
Size	W 1100 x L 1267 x H 1495 mm
Body weight	158 kg
Initial loading	2.5 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5.0 kg x 8 pcs)

Weight Stuck Machine (FUNASIS)



Effective on
Biceps Brachii Muscles



BB5620 Arm Curl	
Size	W 932 x L 1285 x H 1495 mm
Body weight	122 kg
Initial loading	2 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)



Effective on
Triceps Brachii Muscles



BB5720 Arm Extension	
Size	W 925 x L 1225 x H 1495 mm
Body weight	132 kg
Initial loading	2 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5.0 kg x 12 pcs)



Effective on
Quadriceps Femoris &
Gluteus Maximus Muscles



BB5820 Horizontal Leg Press	
Size	W 970 x L 1985 x H 1495 mm
Body weight	200 kg
Initial loading	4.5 kg
Loading weight	150 kg (5 kg x 10 pcs + 10 kg x 10 pcs)



Effective on
Quadriceps & Hamstrings

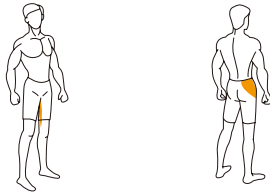


BB6020 Leg Curl & Leg Extension	
Size	W 912 x L 1287 x H 1495 mm
Body weight	146 kg
Initial loading	Leg Curl: 5 kg, Leg Extension: 3 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5.0 kg x 12 pcs)

Weight Stuck Machine (FUNASIS)



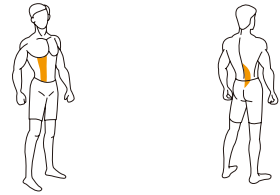
Effective on
Adductor &
Abductor Muscles



BB6120 Adduction & Abduction	
Size	W 710 x L 1520 x H 1495 mm
Body weight	165 kg
Initial loading	2.5 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)



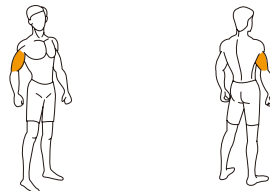
Effective on
Rectus Abdominal &
Erector Spinae Muscles



BB6220 Abdominal & Back	
Size	W 955 x L 1285 x H 1495 mm
Body weight	135 kg
Initial loading	2 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5.0 kg x 12 pcs)



Effective on
Biceps & Triceps
Brachii Muscles



BB6320 Arm Curl & Arm Extension	
Size	W 930 x L 1259 x H 1495 mm
Body weight	137 kg
Initial loading	Arm Curl: 4.5 kg, Arm Extension: 1.5 kg
Loading weight	70 kg (2.5 kg x 7 pcs + 5 kg x 8 pcs)

Weight Stuck Machine (FUNASIS)

Code No.	Item	Weight Type	Weight	Max Load	Weight Quantity			Starting Load	Body Weight
					2.5kg	5.0kg	10.0kg		
BB4020	Chest Press	Standard	80.0kg	86.0kg	8	12	0	6.0kg	137kg
BB4021		Light	50.0kg	56.0kg	20	0	0	6.0kg	137kg
BB4022		Full	100.0kg	106.0kg	0	20	0	6.0kg	137kg
BB4120	Seated Row	Standard	70.0kg	62.0kg	12	8	0	6.0kg	131kg
BB4121		Light	50.0kg	46.0kg	20	0	0	6.0kg	131kg
BB4122		Full	100.0kg	86.0kg	0	20	0	6.0kg	131kg
BB4220	Shoulder Press	Standard	80.0kg	67.0kg	8	12	0	3.0kg	155kg
BB4221		Light	50.0kg	43.0kg	20	0	0	3.0kg	155kg
BB4222		Full	100.0kg	83.0kg	0	20	0	3.0kg	155kg
BB4320	Lat Pulldown	Standard	160.0kg	82.0kg	0	8	12	2.0kg	115kg
BB4321		Light	100.0kg	52.0kg	0	20	0	2.0kg	115kg
BB4322		Full	200.0kg	102.0kg	0	0	20	2.0kg	115kg
BB4420	Leg Extension	Standard	80.0kg	60.6kg	8	12	0	3.0kg	131kg
BB4421		Light	50.0kg	39.0kg	20	0	0	3.0kg	131kg
BB4422		Full	100.0kg	75.0kg	0	20	0	3.0kg	131kg
BB4520	Seated Leg Curl	Standard	70.0kg	38.4kg	12	8	0	2.0kg	142kg
BB4521		Light	50.0kg	28.0kg	20	0	0	2.0kg	142kg
BB4522		Full	100.0kg	54.0kg	0	20	0	2.0kg	142kg
BB4620	Leg Press & Calf Raise	Standard	150.0kg	158.0kg	0	10	10	8.0kg	149kg
BB4621		Light	100.0kg	108.0kg	0	20	0	8.0kg	149kg
BB4622		Full	200.0kg	208.0kg	0	0	20	8.0kg	149kg
BB4720	Fly	Standard	60.0kg	39.5kg	16	4	0	3.5kg	149kg
BB4721		Light	50.0kg	33.5kg	20	0	0	3.5kg	149kg
BB4722		Full	100.0kg	63.5kg	0	20	0	3.5kg	149kg
BB4820	Crunch	Standard	70.0kg	44.5kg	12	8	0	2.5kg	144kg
BB4821		Light	50.0kg	32.5kg	20	0	0	2.5kg	144kg
BB4822		Full	100.0kg	62.5kg	0	20	0	2.5kg	144kg
BB4920	Back Extension	Standard	80.0kg	84.0kg	8	12	0	4.0kg	143kg
BB4921		Light	50.0kg	54.0kg	20	0	0	4.0kg	143kg
BB4922		Full	100.0kg	104.0kg	0	20	0	4.0kg	143kg
BB5020	Rotary Torso & Twist	Standard	80.0kg	43.1kg	8	12	0	1.5kg	155kg
BB5021		Light	50.0kg	27.5kg	20	0	0	1.5kg	155kg
BB5022		Full	100.0kg	53.5kg	0	20	0	1.5kg	155kg
BB6120	Adduction & Abduction	Standard	70.0kg	44.5kg	12	8	0	2.5kg	165kg
BB6121		Light	50.0kg	32.5kg	20	0	0	2.5kg	165kg
BB6122		Full	100.0kg	62.5kg	0	20	0	2.5kg	165kg
BB5120	Total Hip	Standard	70.0kg	44.5kg	12	8	0	2.5kg	158kg
BB5121		Light	50.0kg	32.5kg	20	0	0	2.5kg	158kg
BB5122		Full	100.0kg	62.5kg	0	20	0	2.5kg	158kg
BB5620	Arm Curl	Standard	70.0kg	38.4kg	12	8	0	2.0kg	122kg
BB5621		Light	50.0kg	28.0kg	20	0	0	2.0kg	122kg
BB5622		Full	100.0kg	54.0kg	0	20	0	2.0kg	122kg
BB5720	Arm Extension	Standard	80.0kg	24.4kg	8	12	0	2.0kg	132kg
BB5721		Light	50.0kg	16.0kg	20	0	0	2.0kg	132kg
BB5722		Full	100.0kg	30.0kg	0	20	0	2.0kg	132kg
BB5820	Horizontal Leg Press	Standard	150.0kg	154.5kg	0	10	10	4.5kg	200kg
BB5821		Light	100.0kg	104.5kg	0	20	0	4.5kg	200kg
BB5822		Full	200.0kg	204.5kg	0	0	20	4.5kg	200kg
BB6020	Leg Curl & Leg Extension (Leg Curl)	Standard	80.0kg	45.0kg	8	12	0	5.0kg	146kg
BB6021		Light	50.0kg	30.0kg	20	0	0	5.0kg	146kg
BB6022		Full	100.0kg	55.0kg	0	20	0	5.0kg	146kg
BB6020	Leg Curl & Leg Extension (Leg Extension)	Standard	80.0kg	59.0kg	8	12	0	3.0kg	146kg
BB6021		Light	50.0kg	38.0kg	20	0	0	3.0kg	146kg
BB6022		Full	100.0kg	73.0kg	0	20	0	3.0kg	146kg
BB6220	Abdominal & Back (Abdominal)	Standard	80.0kg	50.0kg	8	12	0	2.0kg	135kg
BB6221		Light	50.0kg	32.0kg	20	0	0	2.0kg	135kg
BB6222		Full	100.0kg	62.0kg	0	20	0	2.0kg	135kg
BB6220	Abdominal & Back (Back)	Standard	80.0kg	66.0kg	8	12	0	2.0kg	135kg
BB6221		Light	50.0kg	42.0kg	20	0	0	2.0kg	135kg
BB6222		Full	100.0kg	82.0kg	0	20	0	2.0kg	135kg
BB6320	Arm Curl & Arm Extension (Arm Curl)	Standard	57.5kg	57.4kg	7	8	0	4.5kg	137kg
BB6321		Light	37.5kg	39.0kg	15	0	0	4.5kg	137kg
BB6322		Full	75.0kg	73.5kg	0	15	0	4.5kg	137kg
BB6320	Arm Curl & Arm Extension (Arm Extension)	Standard	57.5kg	24.5kg	7	8	0	1.5kg	137kg
BB6321		Light	37.5kg	16.5kg	15	0	0	1.5kg	137kg
BB6322		Full	75.0kg	31.5kg	0	15	0	1.5kg	137kg



SS-G, Senoh Super Free Weight Gear is a series that fits to all sort of people from beginners to experts who aim muscle building.



BN5000 Bench Press

W 1670 x L 1665 x H 1260 mm, 101 kg

Shaft stand width 1150 mm

With 4 plate hangers ϕ 50 mm



BN6000 Bench Press S

W 880 x L 1410 x H 1140 mm, 40.5 kg

Shaft stand width 400 mm



BN6200 Abdominal Board 1

W 680 x L 2385 x H 1270 mm, 58 kg



BN6300 Abdominal Board 2

W 1325 x L 2385 x H 1270 mm, 93 kg



BN5100 Flat Adjustable Bench

W 440 x L 1410 x H 1240 mm, 41.5 kg

With casters



BN5400 Flat Bench

W 440 x L 1320 x H 410 mm, 23 kg



BN5800 Bent Leg Abdominal

W 540 x L 1500 x H 1150 mm, 47 kg

With casters



BN5200 Back Extension Bench

W 930 x L 1605 x H 1005 mm, 64 kg



BN5300 45° Back Extension Bench

W 970 x L 1280 x H 870 mm, 43 kg



BN5500 Preacher Curl Bench

W 765 x L 1180 x H 910 mm, 52 kg

Free Weight (SS-G)



BN5600 Power Rack

W 1205 x L 1505 x H 2290 mm, 179 kg

Shaft stand width 1100 mm

With chinning bar



BN5700 Squat Rack

W 1620 x L 1870 x H 1755 mm, 143 kg

Shaft stand width 1100 mm

With 8 plate hangers ϕ 50 mm



BN5900 Leg Raise Chin & Dip

W 1155 x L 1660 x H 2220 mm, 142 kg



BN500M02 Plate Hanger

For BN5000, BN5600, & BN5700

L 240 mm, ϕ 28mm

Sold in pair

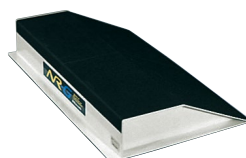


BN560M01 Power Rack Frame

For BN5600

With 8 plate hangers ϕ 50 mm

Sold in pair



BM4300 Heel Base

W 600 x L 390 x H 100 mm

7.5 kg



BB5520 Chin & Dip

W 1230 x L 1640 x H 2120 mm, 127 kg

Initial loading: 3.5kg

Total loading : 80 kg



BB5420 Multi Pulley

W 800 x L 1300 x H 2115 mm, 113 kg

Initial loading : 2 kg

Total loading : 70 kg



BM5100 Smith Machine

W 2200 x L 1410 x H 2120 mm, 212 kg

Initial loading: 7 kg

Loading limit: 100 kg each (total 200 kg)



BM5300 45° Leg Press Machine

W 1500 x L 1990 x H 1415 mm, 186.5 kg

Initial loading: 33 kg

Loading limit: 600 kg

Treadmill (LABORDO)



SPECIFICATION



Easy adjustment / operation for comfortable exercise



Wide and effectively cushioned belt enables comfortable running and reduction of knee stress



When a runner drops out, sensor warns and then automatically stops

LABORDO NEXT



LABORDO NEXT	BG2800	BG2900
Speed	1.0 – 18.0 km / H (by 0.1)	
Inclination	0.0 – 15.0 % (by 0.5)	
Display	LED & TFT LCD touch panel	
Pulse taking	Grip sensor	
Menu	Manual setting / Goal setting / Course setting	
Size	Body : W885 x L2240 x H1530 mm Belt : W500 x L1580 x H 220 mm	
Weight	191 kg	
Weight Limit	Under 110 kg	Under 130 kg
Power	AC100V 20A single phase 50/60 Hz	AC200V 10A single phase 50/60 Hz



LABORDO LXE	BG2550
Speed	1.0 – 18.0 km / H (by 0.1)
Inclination	0.0 – 15.0 % (by 0.5)
Display	LED & LCD
Program	Manual setting Goal setting Course setting
Size	Body : W840 x L2250 x H1300 mm Belt : W500 x L1600 x H 220 mm
Weight	185 kg
Weight Limit	Under 130 kg
Power	AC100V 20A single phase 50/60 Hz



LABORDO LXS	BG2700
Speed	0.2 – 10.0 km / H (by 0.1)
Display	LED
Size	Body : W750 x L1790 x H1120 mm Belt : W450 x L1360 x H 175 mm
Weight	120 kg
Weight Limit	Under 110 kg
Power	AC100V 15A single phase 50/60 Hz

CORDLESS BIKE

V Series

Best for low loading training for low stamina users

Rechargeable
by low rotation

Comfortable seating
(Upright)

Easy rowing crank
(Recumbent)





	V67i Upright	V67Ri Recumbent
Power	12V, Build in battery	
Loading Device	Resistance Brake	
Load Control	10 – 250 W (per 1 W)	
Weight Limit	110 kg	140 kg
Accessories	Battery charger / Ear Sensor / Pedal Strap	
Menu	goal setting by time / goal setting by calorie diet / pulse count	
Weight	63 kg	81 kg



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