

# Fitness Product Guide

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



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# 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 II		◎	○	◎	○
Free Weight	SS-G		◎	◎	△	△
Treadmill	LABORDO NEXT		◎	◎	◎	○
	LABORDO LXS		○	△	◎	◎
Cordless Bike	BFU		◎	◎	◎	◎
	BFR		◎	◎	◎	◎



Public Facility  
(general gymnasium type)



Private Fitness Club

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



## SPECIFICATION



Fully covered 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 : Black



### Optional colors:



Wine red

Dark blue



Grey

brown

# Weight Stuck Machine (FUNASIS II)



Effective on  
Greater Pectoral



BB405000 Chest Press	
Size	W 134.3 L 93.7 H 151 cm
Body weight	155 kg
Initial loading	6 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5 kg x 12 pcs)



Effective on  
Latissimus Dorsi



BB415000 Seated Row	
Size	W 121.3 L 136 H 151 cm
Body weight	145 kg
Initial loading	8 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)



Effective on  
Deltoid



BB425000 Shoulder Press	
Size	W 129.3 L 161.8 H 151 cm
Body weight	170 kg
Initial loading	3 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5 kg x 12 pcs)



Effective on  
Latissimus Dorsi  
& Teres Major Muscles



BB435000 Lat Pulldown	
Size	W 79 L 128 H 215 cm (bar: 121.5 cm)
Body weight	130 kg
Initial loading	2 kg
Loading weight	160 kg (5 kg x 8 pcs + 10 kg x 12 pcs)

## Weight Stuck Machine (FUNASIS II)



Effective on  
Quadriceps Femoris Muscle



BB445000 Leg Extension	
Size	W 88.6 L 114.7 H 151 cm
Body weight	145 kg
Initial loading	3 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5kg x 12 pcs)



Effective on  
Hamstrings



BB455000 Seated Leg Curl	
Size	W 88.2 L 115 H 151cm
Body weight	155 kg
Initial loading	2 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)



Effective on  
Greater Pectoral Muscle



BB475000 Fly	
Size	W 138.8 L 81.7 H 151 cm
Body weight	165 kg
Initial loading	3.5 kg
Loading weight	60 kg (2.5 kg x 16 pcs + 5kg x 4 pcs)



Effective on  
Erector Spinae Muscle

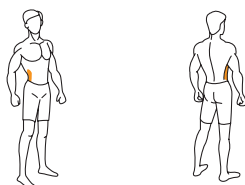


BB495000 Back Extension	
Size	W 93.2 W 117.7 H 151 cm
Body weight	160kg
Initial loading	4 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5 kg x 12 pcs)

# Weight Stuck Machine (FUNASIS II)



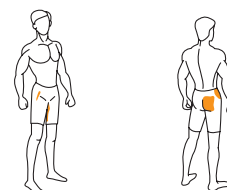
Effective on  
External & Internal  
Oblique Muscle



BB505000 Rotary Torso & Twist	
Size	W 79 L 110.3 H 151 cm
Body weight	170 kg
Initial loading	1.5 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5 kg x 12 pcs)



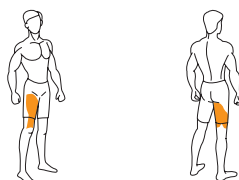
Effective on  
Iliopsoas Muscle, Adductor  
Muscles, Gluteus Medius  
Muscle, Gluteus Maximus  
Muscle



BB515000 Total Hip	
Size	W 110.2 L 126 H 151 cm
Body weight	175 kg
Initial loading	2.5 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)



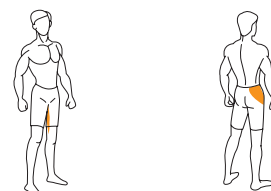
Effective on  
Quadriceps Femoris Muscle,  
Hamstrings



BB605000 Leg Curl & Extension	
Size	W 90 L 133.8 H 151 cm
Body weight	160kg
Initial loading	Leg Curl : 0.5 kg, Extension: 5 kg
Loading weight	70 kg (2.5 kg x 8 pcs + 5 kg x 12 pcs)



Effective on  
Adductor &  
Abductor Muscles,  
Gluteus Medius Muscle

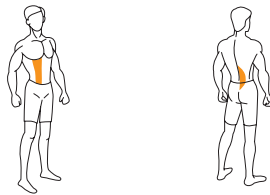


BB615000 Adduction & Abduction	
Size	W 79 L 152.4 H 151 cm
Body weight	180kg
Initial loading	2.5 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)

## Weight Stuck Machine (FUNASIS II, II +)



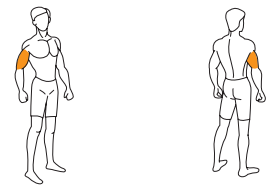
Effective on  
Rectus Abdominal &  
Erector Spinae Muscles



BB625000 Abdominal & Back	
Size	W 94.5 L 133.3 H 151 cm
Body weight	150 kg
Initial loading	2 kg
Loading weight	80 kg (2.5 kg x 8 pcs + 5 kg x 12 pcs)



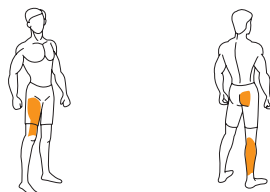
Effective on  
Biceps Brachii &  
Triceps Brachii muscle



BB635000 Arm Curl & Extension	
Size	W 93.3 L 136.5 H 151 cm
Body weight	150 kg
Initial loading	Arm Curl: 4 kg, Extension: 1.5 kg
Loading weight	57.5 kg (2.5 kg x 7 pcs + 5kg x 8 pcs)



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



BB725000 Leg Press & Calf Raise	
Size	W 95.7 L 196 H 151cm
Body weight	200kg
Initial loading	8 kg
Loading weight	150 kg (5 kg x 10 pcs + 10 kg x 10 pcs)

# Weight Stuck Machine (FUNASIS II, II +)

## FUNASIS II+



Effective on  
Rectus Abdominal Muscles



BB705000 Abisolator	
Size	W 112.4 L 142.6 H 151 cm
Body weight	170kg
Initial loading	2.5 kg
Loading weight	70 kg (2.5 kg x 12 pcs + 5 kg x 8 pcs)



Effective on  
Latissimus Dorsi



BB715000 Latisolor	
Size	W 138.2 L 155.3 H 200 cm
Body weight	155kg
Initial loading	5 kg
Loading weight	150 kg (5 kg x 10 pcs + 10 kg x 10 pcs)

# Weight Stuck Machine (FUNASIS II ,FUNASIS II +)

Code No.	Item	Weight Type	Weight	Max Load	Weight Quantity			Starting Load	Body Weight
					2.5kg	5kg	10kg		
BB405000	Chest Press	Standard	80kg	86kg	8	12	0	6kg	155kg
BB405100		Light	50kg	56kg	20	0	0	6kg	155kg
BB405200		Full	100kg	106kg	0	20	0	6kg	155kg
BB415000	Seated Row	Standard	70kg	78kg	12	8	0	8kg	145kg
BB415100		Light	50kg	58kg	20	0	0	8kg	145kg
BB415200		Full	100kg	108kg	0	20	0	8kg	145kg
BB425000	Shoulder Press	Standard	80kg	67kg	8	12	0	3kg	170kg
BB425100		Light	50kg	43kg	20	0	0	3kg	170kg
BB425200		Full	100kg	83kg	0	20	0	3kg	170kg
BB435000	Lat Pulldown	Standard	160kg	82kg	0	8	12	2kg	130kg
BB435100		Light	100kg	52kg	0	20	0	2kg	130kg
BB435200		Full	200kg	102kg	0	0	20	2kg	130kg
BB445000	Leg Extension	Standard	80kg	60.6kg	8	12	0	3kg	145kg
BB445100		Light	50kg	39kg	20	0	0	3kg	145kg
BB445200		Full	100kg	75kg	0	20	0	3kg	145kg
BB455000	Seated Leg Curl	Standard	70kg	38.4kg	12	8	0	2kg	155kg
BB455100		Light	50kg	28kg	20	0	0	2kg	155kg
BB455200		Full	100kg	54kg	0	20	0	2kg	155kg
BB475000	Fly	Standard	60kg	39.5kg	16	4	0	3.5kg	165kg
BB475100		Light	50kg	33.5kg	20	0	0	3.5kg	165kg
BB475200		Full	100kg	63.5kg	0	20	0	3.5kg	165kg
BB495000	Back Extension	Standard	80kg	84kg	8	12	0	4kg	160kg
BB495100		Light	50kg	54kg	20	0	0	4kg	160kg
BB495200		Full	100kg	104kg	0	20	0	4kg	160kg
BB505000	Rotary Torso & Twist	Standard	80kg	43.1kg	8	12	0	1.5kg	170kg
BB505100		Light	50kg	27.5kg	20	0	0	1.5kg	170kg
BB505200		Full	100kg	53.5kg	0	20	0	1.5kg	170kg
BB515000	Total Hip	Standard	70kg	44.5kg	12	8	0	2.5kg	175kg
BB515100		Light	50kg	32.5kg	20	0	0	2.5kg	175kg
BB515200		Full	100kg	62.5kg	0	20	0	2.5kg	175kg
BB605000	Leg Curl & Leg Extension (Leg Curl)	Standard	80kg	24.5kg	8	12	0	0.5kg	160kg
BB605100		Light	50kg	15.5kg	20	0	0	0.5kg	160kg
BB605200		Full	100kg	30.5kg	0	20	0	0.5kg	160kg
BB605000	Leg Curl & Leg Extension (Leg Extension)	Standard	80kg	45kg	8	12	0	5kg	160kg
BB605100		Light	50kg	30kg	20	0	0	5kg	160kg
BB605200		Full	100kg	55kg	0	20	0	5kg	160kg
BB615000	Adduction & Abduction	Standard	70kg	44.5kg	12	8	0	2.5kg	180kg
BB615100		Light	50kg	32.5kg	20	0	0	2.5kg	180kg
BB615200		Full	100kg	62.5kg	0	20	0	2.5kg	180kg
BB625000	Abdominal & Back (Abdominal)	Standard	80kg	50kg	8	12	0	2kg	150kg
BB625100		Light	50kg	32kg	20	0	0	2kg	150kg
BB625200		Full	100kg	62kg	0	20	0	2kg	150kg
BB625000	Abdominal & Back (Back)	Standard	80kg	66kg	8	12	0	2kg	150kg
BB625100		Light	50kg	42kg	20	0	0	2kg	150kg
BB625200		Full	100kg	82kg	0	20	0	2kg	150kg
BB635000	Arm Curl & Arm Extension (Arm Curl)	Standard	57.5kg	38.5kg	7	8	0	4kg	150kg
BB635100		Light	37.5kg	26.5kg	15	0	0	4kg	150kg
BB635200		Full	75kg	49kg	0	15	0	4kg	150kg
BB635000	Arm Curl & Arm Extension (Arm Extension)	Standard	57.5kg	24.5kg	7	8	0	1.5kg	150kg
BB635100		Light	37.5kg	16.5kg	15	0	0	1.5kg	150kg
BB635200		Full	75kg	31.5kg	0	15	0	1.5kg	150kg
BB725000	Leg Press & Calf Raise	Standard	150kg	158kg	0	10	10	8kg	200kg
BB725100		Light	100kg	108kg	0	20	0	8kg	200kg
BB725200		Full	200kg	208kg	0	0	20	8kg	200kg
BB705000	Abisolater	Standard	70kg	44.5kg	12	8	0	2.5kg	170kg
BB705100		Light	50kg	32.5kg	20	0	0	2.5kg	170kg
BB705200		Full	100kg	62.5kg	0	20	0	2.5kg	170kg
BB715000	Latislater	Standard	150kg	80kg	0	10	10	5kg	155kg
BB715100		Light	100kg	55kg	0	20	0	5kg	155kg
BB715200		Full	200kg	105kg	0	0	20	5kg	155kg



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.



<b>BN561000 Power Rack</b> Straight Pull-Up Bar
W 120.5 L 150.5 H 229 cm, 179 kg
Shaft stand width 110 cm
With Pull-Up Bar



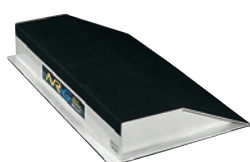
<b>BN561100 Power Rack</b> Pull-Up Bar
W 120.5 L 150.5 H 246 cm, 181 kg
Shaft stand width 110 cm
With Pull-Up Bar



<b>BN560M01 Power Rack Frame</b>
For BN561000, BN561100
With 8 plate hangers φ 50 mm
Sold in pair



<b>BN502000 Bench Press</b>
W 167 L 166.5 H 129 cm, 120 kg
Shaft stand width 125 cm
With 8 plate hangers φ 50 mm



<b>BM431000 Heel Base</b>
W 60 L 39 H 10 cm
7.5 kg

## Free Weight (SS-G)



BN531000 45° Back Extension Bench

W 97 L 128 H 87 cm, 43 kg



BN541000 Flat Bench

W 44 L 132 H 41 cm, 23 kg



BN511000 Flat Adjustable Bench

W 44 L 141 H 124 cm, 41.5 kg

With casters



BN581000 Bent Leg Abdominal

W 54 L 150 H 115 cm, 47 kg

With casters



BN551000 Preacher Curl Bench

W 76.5 L 118 H 91 cm, 52 kg



BN621000 Abdominal Board 1

W 68 L 238.5 H 127 cm, 58 kg

BN631000 Abdominal Board 2

W 132.5 L 238.5 H 127 cm, 93 kg



BB553000 Chin & Dip

W 123 L 164 H 212 cm , 127 kg

Initial loading: 3.5kg

Total loading : 80 kg



BB543000 Multi Pulley

W 80 L 130 H 211.5 cm, 113 kg

Initial loading : 2 kg

Total loading : 70 kg



BM512000 Smith Machine

W 220 L 141 H 212 cm , 212 kg

Initial loading: 5 kg

Loading limit: 100 kg each (total 200 kg)



BM531000 45° Leg Press Machine

W 150 L 199 H 141.5 cm , 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	BG282000	BG292000
Speed	1 – 18km / H (by 0.1)	
Inclination	0 – 15% (by 0.5)	
Display	LED & TFT LCD touch panel	
Pulse taking	Grip sensor	
Menu	Manual setting / Goal setting / Course setting	
Size	Body : W88.5 x L224 x H153 cm Belt : W50 x L158 x H 22 cm	
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**  
**LXS**

LABORDO LXS	BG271000
Speed	0.2 – 10 km / H (by 0.1)
Display	LED
Size	Body : W75 x L179 x H112 cm Belt : W45 x L136 x H 17.5 cm
Weight	120 kg
Weight Limit	Under 110 kg
Power	AC100V 15A single phase 50/60 Hz

**CORDLESS BIKE**  
**BFU BFR**



	BG891000 BFU Upright	BG892000 BFR 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	73.5 kg	82.5 kg



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