

# ACCESS

# COMPACT

*A wheelchair accessible free-weight system.*



...we make fitness **comfortable!**

Are You ready to workout?

# AKCESS COMPACT

*A FULL BODY WORKOUT with the improved free-weight system.*



## Health club results at home

Whatever your fitness goals may be, you need the right tools to accomplish them. At AKCESS Fitness, we understand what it takes to deliver results.



## The most versatile Gym on the Market!

Our AKCESS C body workout system has it all. From its compact design to its extensive list of exercise options, it goes above and beyond standard strength-training to help you reach a new level of fitness.

# ACCESS COMPACT

## Strength from simplicity

### EXERCISE OPTIONS

#### CHEST

Chest press  
Extended arm pec fly  
One arm pec fly  
Rikshaw

#### SHOULDER / BACK

Lat pull down  
Seated row  
Front raise  
Low row  
Rear deltoid  
Reverse fly  
One arm cable row  
Shoulder swing  
Rikshaw

#### BICEPS

Seated biceps curl  
One arm biceps curl  
Scott curl

#### TRICEPS

Triceps push down  
One arm triceps extension  
Rikshaw

#### ABDOMINAL

Seated abdominal crunch

The **ACCESS C** makes strength training accessible to every level of fitness enthusiast. It offers a quick and efficient workout in a compact footprint. Its simple adjustments allow you to easily transition from exercise to exercise. The unique design of the H.E.L.P. system allows full range of motion for a smooth workout.



### Special Features

**Unique** features allow both the disabled and able-bodied to enjoy a full body workout.

Our **H.E.L.P. System** (Head Enabled Lat Pull down) makes a lat pull down simple to do while giving you full range of motion.

The wheelchair **locks** in so you can concentrate on your workout using even the heaviest weights.

The **accessories** are always within reach and can be exchanged without assistance.



## Freedom of motion

Cable motion technology gives you control of every exercise option. You have the freedom to perform traditional exercises, functional moves of specific activities, or total-body movements that strengthen your core.



**Train** for function. Perform movements that strengthen the muscles used in activities or to achieve specific goals.

**User defined** paths of motion enable virtually unlimited exercise variety – similar to lifting free weights.

**Total-body** exercises target multiple muscle groups producing greater results.

# AKCESS COMPACT

Get a great body workout in a small space with the **AKCESS C**.

Are you ready to workout?



## Specifications

- FRAME:** 2"x2" (50x50mm) Square Tubing, Powder Coated
- PULLEY:** Club Quality Nylon Pulleys With Sealed Bearings
- UPHOLSTERY:** Hard Wearing Commercial Grade Vinyl
- CABLES:** Nylon Coated Steel Cable
- WARRANTY:** Lifetime Guaranteed Frame, 2 Years On Cable
- H:** 89" (226 cm)
- L:** 50" (127 cm)
- W:** 49" (125 cm)
- Made in USA

## Accessories

### Included

- Lat Pull Down Bar
- Low Row Bar
- 220 lbs Free-Weights
- Triceps Strap
- Extension Chain
- Extension Steel Cable

### Optional

- Flatbench
- Ankle Strap
- Power Grips  
(Heavy Hooks)



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