



STRONG MAN

DESIGN STORY

THE FREEWAY, committed to providing healthy & happy lifestyle for global fitness enthusiasts and sporters. Consumer demand-oriented, constantly improving, keep innovating fitness experience and product design.

As a fitness equipment and excellent quality practitioner, one of the leaders, **THE FREEWAY** team together with Italian senior fitness equipment designer create a brand new line with BIOMECHANIC engineering and professional strength machine. named line **STRONG MAN**

MR. TERMINE GIUSEPPE, Italian senior fitness equipment designer, former World Bodybuilding Championship Weightlifting Champion, Professional Gymnasium Management Qualification Holder, used to participate in R&D and product functional testing for Italian top fitness equipment brand, with nearly 40 years of design experience, has unique perception and profound understanding to the strength machines. Rich design experience and unique concept are most vividly demonstrated in the line Strong Man truly BIOMECHANIC design is the charm of line **STRONG MAN**



thefreeway@live.it

FW-STRONG MAN 800

Iso-Lateral Bench Press



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
125 cm x 135 cm x 175 cm

N.W./G.W./:
Machine Weight : 125kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 801

Iso-Lateral Chest / Back

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
183 cm x 132 cm x 200 cm

N.W./G.W./:
Machine Weight : 162 kg



FW-STRONG MAN 802

Iso-Lateral Decline Press



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
136 cm x 132 cm x 175 cm

N.W./G.W./:
Machine Weight : 123kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 803

Iso-Lateral D.Y. Row

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
140 cm x 132 cm x 200 cm

N.W./G.W./:
Machine Weight : 120kg



FW-STRONG MAN 804

Iso-Lateral Front Lat Pulldown



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
165 cm x 104 cm x 200 cm

N.W./G.W./:
Machine Weight : 130kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 805

Iso-Lateral Horizontal Bench Press

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
170 cm x 155 cm x 107 cm

N.W./G.W./:
Machine Weight : 120kg



FW-STRONG MAN 806

Iso-Lateral Incline Press



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
119 cm x 132 cm x 186 cm

N.W./G.W./:
Machine Weight : 135kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND

FW-STRONG MAN 807

Iso-Lateral Low Row

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
122 cm x 119 cm x 190 cm

N.W./G.W./:
Machine Weight : 140kg



FW-STRONG MAN 808

Iso-Lateral Rear Deltoid



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
170 cm x 119 cm x 104 cm

N.W./G.W./:
Machine Weight : 105kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 809

Iso-Lateral Rowing

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
150 cm x 127 cm x 130 cm

N.W./G.W./:
Machine Weight : 110kg



FW-STRONG MAN 810

Iso-Lateral Shoulder Press



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
130 cm x 150 cm x 180 cm

N.W./G.W./:
Machine Weight : 125kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND

FW-STRONG MAN 811

Iso-Lateral Wide Chest

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
124 cm x 155 cm x 175 cm

N.W./G.W./:
Machine Weight : 135kg



FW-STRONG MAN 812

Iso-Lateral Wide Pulldown



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
180 cm x 107 cm x 203 cm

N.W./G.W./:
Machine Weight : 140kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 813

Lateral Raise

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
104 cm x 140 cm x 122 cm

N.W./G.W./:
Machine Weight : 110kg



FW-STRONG MAN 814

Pullover



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
137 cm x 130 cm x 155 cm

N.W./G.W./:
Machine Weight : 125kg



E 'ELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 815

Seated Biceps

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
120 cm x 97 cm x 107 cm

N.W./G.W./:
Machine Weight : 100kg



FW-STRONG MAN 816

Abductor



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
132 cm x 135 cm x 120 cm

N.W./G.W./:
Machine Weight : 138kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 817

Iso-Lateral Leg Curl

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
180 cm x 135 cm x 100 cm

N.W./G.W./:
Machine Weight : 107kg



FW-STRONG MAN 818

Iso-Lateral Leg Extension



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
137 cm x 146 cm x 145 cm

N.W./G.W./:
Machine Weight : 110kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND

FW-STRONG MAN 819

Iso-Lateral Leg Press

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
178 cm x 151 cm x 159 cm

N.W./G.W./:
Machine Weight : 160kg



FW-STRONG MAN 820

Leg Extension



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
145 cm x 137 cm x 150 cm

N.W./G.W./:
Machine Weight : 135kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 821

Seated Calf Raise

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
130 cm x 80 cm x 90 cm

N.W./G.W./:
Machine Weight : 113kg



FW-STRONG MAN 822

Super Horizontal Calf



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
160 cm x 137 cm x 135 cm

N.W./G.W./:
Machine Weight : 130kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 823

V-Squat / V

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
230 cm x 107 cm x 200 cm

N.W./G.W./:
Machine Weight: 162kg



FW-STRONG MAN 824

Squat High Pull



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
160 cm x 145 cm x 89 cm

N.W./G.W./:
Machine Weight 112kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 825

Linear Leg Press / 45

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
230 cm x 160 cm x 155 cm

N.W./G.W./:
Machine Weight: 200kg



FW-STRONG MAN 826

Iso-Lateral Kneeling Leg Curl



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
127 x 100 x 129cm

N.W./G.W./:
Machine Weight: 110kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND

FW-STRONG MAN 827

Seated Dip

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
170 x 100 x 107cm

N.W./G.W./:
Machine Weight: 125kg



FW-STRONG MAN 828

Smith Machine



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
140 x 219 x 240cm

N.W./G.W./:
Machine Weight: 200kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 829

Seated Arm Curl

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
110 x 80 x 109cm

N.W./G.W./:
Machine Weight: 99kg



FW-STRONG MAN 830

Olympic Power Rack



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
170 x 150 x 200cm

N.W./G.W./:
Machine Weight: 128kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 831

Olympic Squat Rack

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
170 x 150 x 186cm

N.W./G.W./:
Machine Weight: 108kg



FW-STRONG MAN 832

Olympic Military Bench

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
160 x 120 x 170cm

N.W./G.W./:
Machine Weight: 102kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 833

Olympic Flat Bench

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
180 x 130 x 160cm

N.W./G.W./:
Machine Weight: 100kg



FW-STRONG MAN 834

Olympic Incline Bench

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
180 x 130 x 175cm

N.W./G.W./:
Machine Weight: 105kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 835

Olympic Decline Bench

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
170 x 130 x 155cm

N.W./G.W./:
Machine Weight: 100kg





FW-STRONG MAN 836

Leg Raise

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
110 x 80 x 175cm

N.W./G.W./:
Machine Weight: 100kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 837

Abdominal Board

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
165 x 70 x 88cm

N.W./G.W./:
Machine Weight: 50kg



FW-STRONG MAN 838

Dumbbell Rack



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
232 x 72 x 90cm

N.W./G.W./:
Machine Weight: 80kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 839

Deluxe Weight Tree

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
92 x 72 x 105cm

N.W./G.W./:
Machine Weight: 45kg



FW-STRONG MAN 840

Barbell Rack Excluding Olympic Bar



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
92 x 100 x 155cm

N.W./G.W./:
Machine Weight: 65kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND

FW-STRONG MAN 841

Abench Classic

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
170 x 90 x 100cm

N.W./G.W./:
Machine Weight: 75kg



FW-STRONG MAN 842

Adjustable Bench



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
145 x 70 x 125cm

N.W./G.W./:
Machine Weight: 55kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 843

Utility Bench-75 deg

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
135 x 60 x 99cm

N.W./G.W./:
Machine Weight: 35kg



FW-STRONG MAN 844

Incline Bench-55 deg



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
105 x 60 x 115cm

N.W./G.W./:
Machine Weight: 50kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND

FW-STRONG MAN 845

Incline Bench-30 deg

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame:Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
110 x 60 x 85cm

N.W./G.W./:
Machine Weight: 40kg



FW-STRONG MAN 846

Decline Bench



100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
155 x 60 x 65cm

N.W./G.W./:
Machine Weight: 45kg



EXCELLENT QUALITY CONSTRUCT PERFECT BRAND



FW-STRONG MAN 847

Flat Bench

100% Authentic Italian
Style & Biomechanic
Design;
Main Frame: Rectangular Tube
50*110*for 3mm

Set-Up:
(L*W*H)mm
135 x 65 x 58cm

N.W./G.W./:
Machine Weight: 35kg

