

ACCESS

COMPACT

A wheelchair accessible free-weight system.



Train. Perform. Achieve!

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 International, 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
- Workout Manual

Optional

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



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