FIVE RINGS SPORTS

COMMERCIAL FITNESS

SELECTORIZED STRENGTH

MTS SERIES

12 Selectorized Machines · Independent Divergent / Convergent Motion

Heavy-gauge selectorized machines with independent weight stacks and divergent / convergent arm paths that follow the body's natural movement — built for the busiest commercial floors.

Independent Arms
Divergent / convergent motion, unilateral or bilateral

Heavy-Duty Frame
76.2 × 38.1 × 3 mm welded steel tube

Premium Upholstery
One-piece PU foam, 1.2 mm leather, colour optional

Precision Build
Laser cutting, robotic welding, CNC machining

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Series Overview



MTS-01
Chest Press



MTS-02
Seated Row



MTS-03
Incline Chest Press



MTS-04
Triceps Extension



MTS-05
Lat Pulldown



MTS-06
Front Lat Pulldown



MTS-07
Shoulder Press



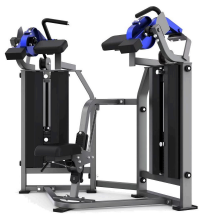
MTS-08
Decline Chest Press



MTS-09
Leg Extension



MTS-10
Kneeling Leg Curl

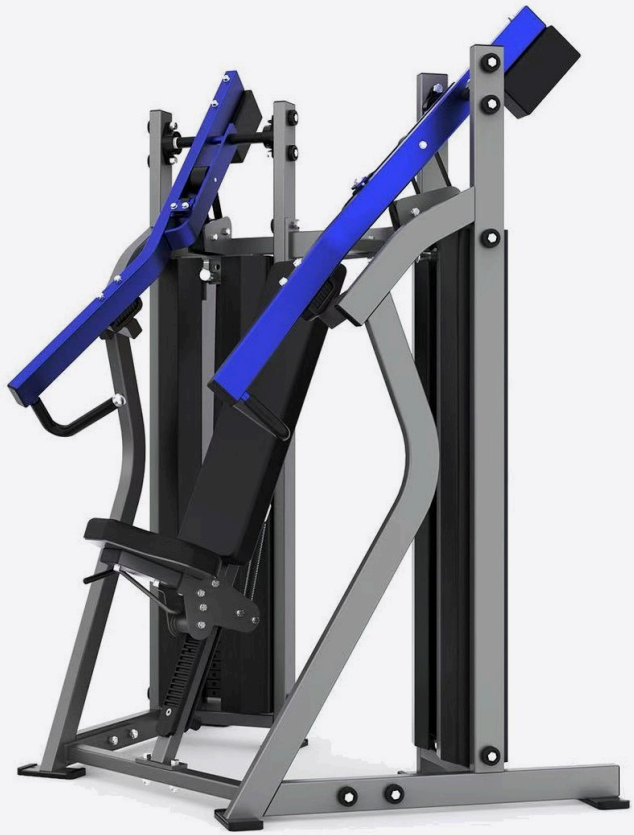


MTS-11
Biceps Curl



MTS-12
Abdominal

MTS-01



Chest Press

Selectorized · Chest

Independent weight stack with divergent and convergent movement. Optimised arm balance eliminates starting resistance for smooth, natural pressing.

Model	MTS-01
Dimensions (L×W×H)	40" × 69" × 77" 100 × 175 × 195 cm
Net Weight	390 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-02



Seated Row

Selectorized · Back

Independent stack for divergent / convergent rowing. Neutral-grip handles and an overhead pivot deliver a natural arc; the adjustable seat adds stability.

Model	MTS-02
Dimensions (L×W×H)	51" × 62" × 82" 130 × 158 × 209 cm
Net Weight	390 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-03



Incline Chest Press

Selectorized · Upper Chest

Biomechanically drawn press path. Pivoting arms guide the shoulder through a natural incline arc with independent left and right movement.

Model	MTS-03
Dimensions (L×W×H)	40" × 69" × 77" 100 × 175 × 195 cm
Net Weight	390 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-04



Triceps Extension

Selectorized · Arms

Independent stack for divergent / convergent triceps work. Adjustable pad and seat keep wrists neutral and the body aligned for peak isolation.

Model	MTS-04
Dimensions (L×W×H)	36" × 52" × 60" 92 × 133 × 153 cm
Net Weight	280 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-05



Lat Pulldown

Selectorized · Back

Independent stack with a unique pulldown path that complements the incline press — a movement pattern rarely matched by other machines.

Model	MTS-05
Dimensions (L×W×H)	48" × 67" × 78" 122 × 171 × 197 cm
Net Weight	402 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-06



Front Lat Pulldown

Selectorized · Back

Independent stack for divergent / convergent pulling. A unique arc and underhand grip add variety while keeping the wrist neutral.

Model	MTS-06
Dimensions (L×W×H)	48" × 60" × 79.5" 122 × 152 × 202 cm
Net Weight	385 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-07



Shoulder Press

Selectorized · Shoulders

Independent stack for shoulder pressing. Balanced arms reduce starting resistance and rotating grips allow easy entry and exit.

Model	MTS-07
Dimensions (L×W×H)	47" × 63" × 59" 120 × 160 × 150 cm
Net Weight	405 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-08



Decline Chest Press

Selectorized · Lower Chest

Decline pressing angle maximises lower-chest stimulation. The reclined seat makes getting in and out easy.

Model	MTS-08
Dimensions (L×W×H)	38" × 66" × 68.5" 97 × 168 × 174 cm
Net Weight	365 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-09



Leg Extension

Selectorized · Legs

Biomechanically optimised extension. An adjustable start position lets users set their own range of motion; independent arms enable single-leg work.

Model	MTS-09
Dimensions (L×W×H)	51" × 58" × 53.5" 130 × 147 × 136 cm
Net Weight	355 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-10



Kneeling Leg Curl

Selectorized · Legs

Independent stack for divergent / convergent hamstring curls. Balanced arms cut starting resistance; rotating grips ease entry and exit.

Model	MTS-10
Dimensions (L×W×H)	53" × 59" × 55" 135 × 150 × 140 cm
Net Weight	350 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-11



Biceps Curl

Selectorized · Arms

Independent stack for divergent / convergent curls. Adjustable pad and seat position the wrists neutrally for optimal isolation.

Model	MTS-11
Dimensions (L×W×H)	44" × 61" × 57" 111 × 155 × 145 cm
Net Weight	260 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

MTS-12



Abdominal

Selectorized · Core

Trains the entire abdominal wall through combined upper-body flexion and lower-body stabilisation.

Model	MTS-12
Dimensions (L×W×H)	43.5" × 47" × 65" 110 × 120 × 165 cm
Net Weight	230 kg
Main Frame	76.2 × 38.1 × 3 mm high-precision welded steel tube
Upholstery	One-piece PU foam cushion, 1.2 mm premium leather, colour optional
Seat Adjust	Quick rubber-lock mechanism
Manufacturing	Laser cutting, robotic welding, CNC machining
Finish	Sandblasting + two-layer electrostatic powder coating
Mechanism	Independent weight stack, divergent / convergent movement

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LET'S BUILD YOUR GYM

Design, supply and installation of commercial fitness equipment.

— **MTS Series** — Selectorized Strength, 12 models

Enquiries & quotations: **fiveringssports.in**

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Specifications and images are for reference and may change without notice. Upholstery and frame colours are customisable on request.