



# PPMS-250 Cable Crossover

## Performance Plus Specifications

2011 Performance Plus General product specifications.

### PPMS-250 Cable Crossover Exclusive Features:

- Made in USA.
- Dual 15 position vertical Pulley columns.
- Swivel pulleys and cable ends provide smooth twist-free motion.
- Dual full length protective steel weight shrouds.
- 1:2 weight ratio allows 5 lb increments and extended cable travel.
- 150 lb weight stacks standard (200 lb optional)



- 2"x 4" 11 gauge, **welded oval steel** main frame offers modern styling & improved stability.
- **Solid Aluminum** pulleys with internally encased roller bearings on all commercial crossover units.
- **Ergonomic multi-grip** chin bars offer various additional upper body exercises.
- All machines include rubber stabilizer feet **pre-drilled** for floor mounting.

- Dual sided steel **weight stack safety shields**, limit user exposure to moving parts, and helps prevent unintentional contact with weight stack.
- **Dual swivel pulley brackets** track cable regardless of cables direction of travel. for improved feel and performance..
- **Unique cable retainer** design swivels to prevent excessive cable twisting and wear.
- High strength, low stretch **Military Spec 3/16"** steel cable, nylon coated to 1/4" diameter with 4200lb tensile strength.
- Traditional full size design offers **extra inside width** allowing both sides to be used as individual stations by two users simultaneously.
- 1:2 weight ratio creates extra smooth feel and allows 5lb incremental changes to weight while offering up to **100" of cable travel**. (Optional 1:4 ratio offers 2.5lb increments and 200" of cable travel.)
- **Dual Precision steel** weight stacks and lanyard secured magnetic weight pins standard on all units, allows Bi-Lateral loading of resistance, and multiple user participation.

### Full Commercial Warranty

**10 Years:** Frame, welds, cams and weight plates.

**5 Years:** Pivot bearings, pulleys, bushings, gas shocks & guide rods.

**1 Year:** Belts, Linear bearings, pull pin components, and all other parts not mentioned.

**6 Months:** Upholstery, cables, finish, and rubber grips.

