Steelflex

HYDRAULIC LINE

The Circle of Wellness

Safe • Simple • Effective







Joint-Friendly
Low-impact hydraulic resistance

Safe & Secure
Controlled movement for all ages

Full-Body Workout
Strengthen every major muscle group

Healthy Lifestyle
Stay active, stay independent

For All
Seniors, beginners, and fitness lovers

Hydraulic Resistance Machines are at the heart of **circuit training**, making them particularly suitable for **rehabilitation, healthy aging, and women's circuit-based fitness programs**, such as the **Curves model**.

Dual-Direction Resistance: Resistance in both push and pull movements, training opposing muscle groups efficiently.

Low-Impact & Joint-Friendly: No traditional weight stacks or heavy impact, providing smooth and controlled movement.

Speed-Responsive Resistance: The faster you move, the greater the resistance. Resistance automatically adjusts to your effort level.

Reduced Muscle Soreness: Resistance is mainly generated during the effort phase, helping reduce muscle strain and post-workout soreness.

Safe & Easy to Use: No weight plates or selector pins—simply move and train at your own pace.



THE Manufacturer