

# Gym Monster 2

Strength Training, Now at a New Level.

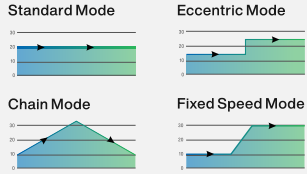


**SPEEDIANCE**

**SPEEDIANCE**

**OWN IT.**

### Elevate Every Move



### Precise Digital Weights To Unleash Your Power

Digital Weight System  
Precision at Every Rep  
Silent and Smooth Training  
Up to 220 lbs / 100 kg



### Next-Level Safety

Bilateral Imbalance Protection  
Hands-Off Detection



### Customizable Training

Lose Weight, Gain Muscle, or Get Fit

### Smarter Workouts Better Results

Strength Assessment  
Immediate Feedback



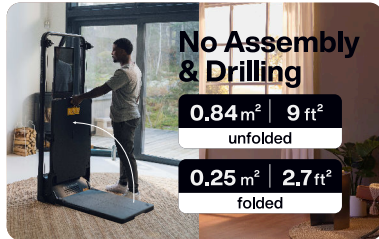
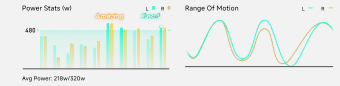
# Gym Monster 2

One Gym Monster, One Gym



SPEEDIANCE

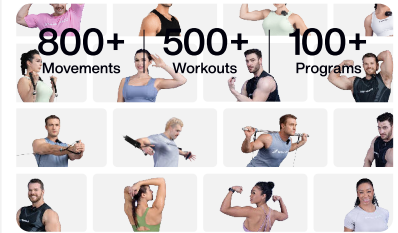
### Dynamic Data Insights



No Assembly & Drilling

0.84 m<sup>2</sup> 9 ft<sup>2</sup>  
unfolded

0.25 m<sup>2</sup> 2.7 ft<sup>2</sup>  
folded



800+ Movements

500+ Workouts

100+ Programs

**AI**  
Coach Rec.

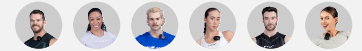


**11** Height Adjustments  
Fit up to 7 Feet Tall

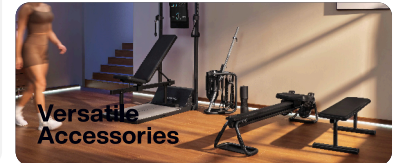
### Connectability

Apple WATCH  
Apple MUSIC  
**STRAVA**  
Galaxy Watch

### Celebrity Trainers



**90°**  
Degree Rotatable Display



# Precise Digital Weights To Unleash Your Power

## Direct-Drive Motors

The dual direct-drive motors generate different levels of weight, making it easier to correct muscular imbalances.

## Digital Weight System

The Speediance digital weight system offers unparalleled ease of use coupled with steadfast accuracy.

## Maximum 220 Lbs / 100 Kg

Maximum weight of 220 lbs / 100 kg and an adjustable increment, you can tailor your training to fit your needs.

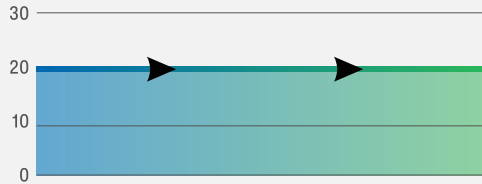


# Elevate Every Move.

## Standard Mode

Offers a resistance that corresponds to your chosen weight to guarantee a consistency throughout your workout.

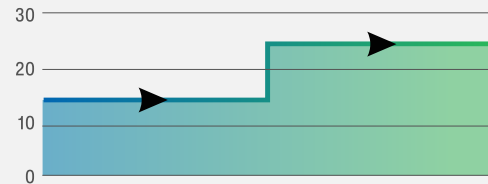
Your Go-To For Every Rep.



## Eccentric Mode

Isolates the negative movement phase of a workout and increases the resistance when you return to the starting position.

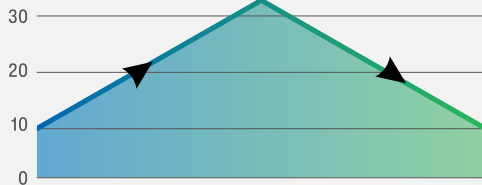
Push Harder, Build Strength Faster.



## Chain Mode

The weight is gradually increased as you approach the top end, providing a unique challenge to your workout.

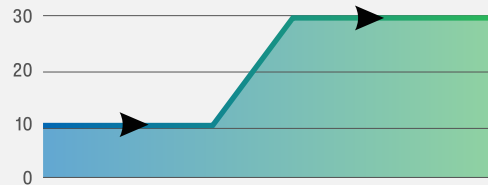
Simulate Free Weights, Master Control.



## Fixed Speed Mode

Provides a constant speed or resistance during movement, ideal for a stable pace and safe rehab training.

Consistency Meets Intensity.





## Assist Mode

### Support When You Need It Most

It auto-detects and immediately reduces the weight whenever you are struggling to finish the last few reps.



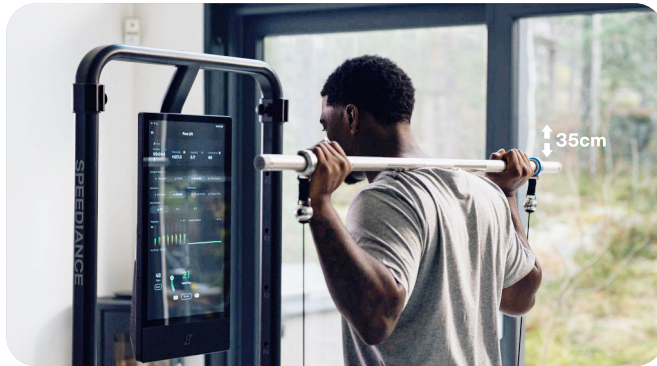
# Partner Mode

Grow Together With  
Your Buddy

Experience diverse weights and dynamic movements with your loved ones. Unlock personalized training data for everyone and elevate your workouts together.

# Next-Level Safety

Ensure your safety at every step.



## Bilateral Imbalance Protection

Automatically triggers safety protection when barbell movements detect an imbalance, safeguarding your workout.



## Hands-Off Detection

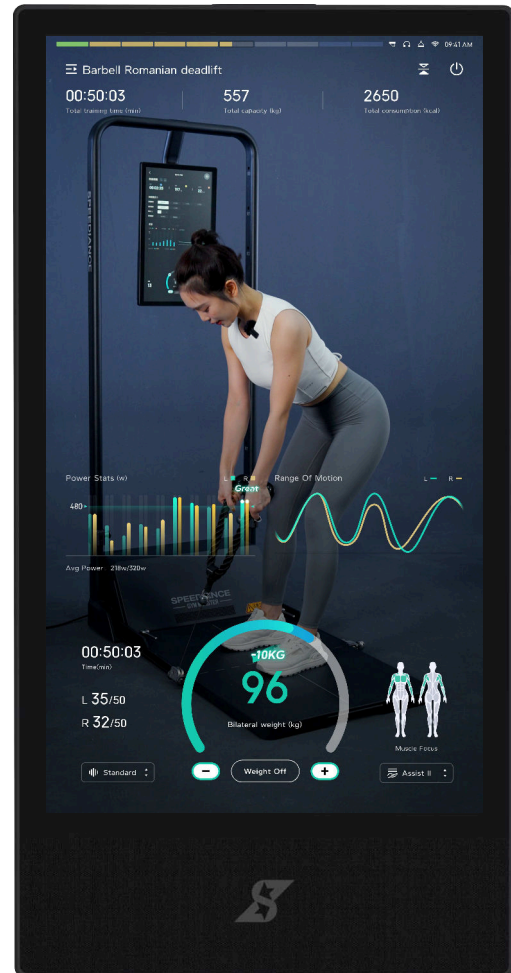
Activates safety mechanisms if the system detects you releasing the barbell during training.

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Gym Monster ensures real-time monitoring of your workout, prioritizing your safety at every step. In hazardous situations, the motor applies an emergency brake for immediate protection.

# Dynamic Data Insights For Your Progress

Gain insights into consumption, output, motion capacity, and more. Track workout records, intensity levels, muscle group readiness, and more.



# AI Coach Rec.

It can help you to set goals, plan training schedules, customize workouts, and fine-tune weights, empowering a smarter and more effective fitness journey.

# Get Personalized Recommendations.

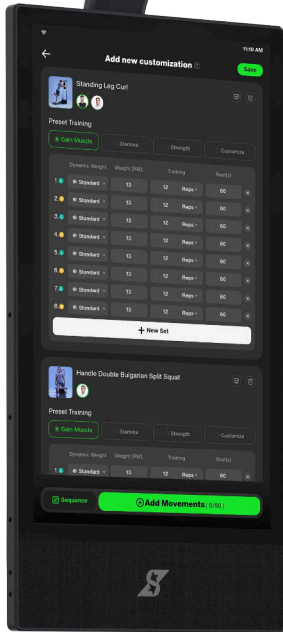
From day one, Gym Monster learns your preferences and workout habits. After setting your goal, AI Coach will craft a personalized training schedule and dynamically adjust daily targets based on your current physical status.



# Create A Custom Plan.

## Your Training Journey, Your Way

Design a personalized schedule aligned with your fitness goals. Get reminders to stay on track and enjoy tailored adjustments for weights, sets, and rest intervals—all crafted to meet your needs.





# It's All Here For You.

10 workout types, from Cardio to Strength, and Stretch too. Enjoy fresh sessions every two weeks, from 5 to 50 minutes. Explore the world's largest fitness library on a stunning FHD display with 90-degree vertical rotation.

**800+** | **500+** | **100+**  
Movements | Workouts | Programs

Cardio

Sport-Specific

Gain Strength

Yoga

Shaping

Activation

Get Fit

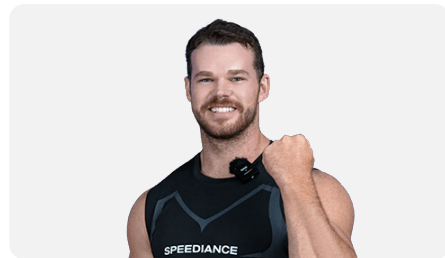
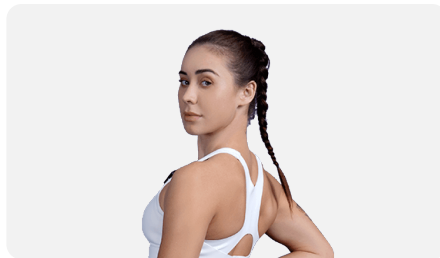
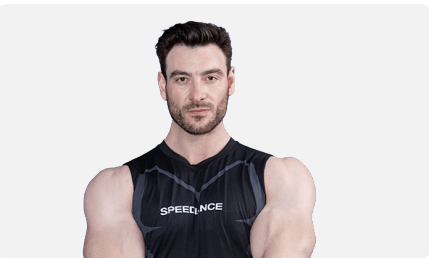
Hybrid

Stretch

HIIT

# Meet The Speediance Trainer Team.

Train your body and mind  
with weekly workouts for everyone.



# Dynamic Accessories

**Rowing Bundle**  
Rower + Rowing Bar



**Adjustable Bench**



**Flat Bench**



**Accessories Organizer**



**Ankle Straps**



**Tricep Rope**



**Extender Belts**



**Smart Handles**



**Hooks**



**Weight Lifting Belt**



**Bluetooth Ring**



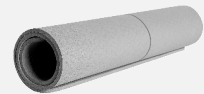
**Adjustable Barbell**



**Barbell Pad**

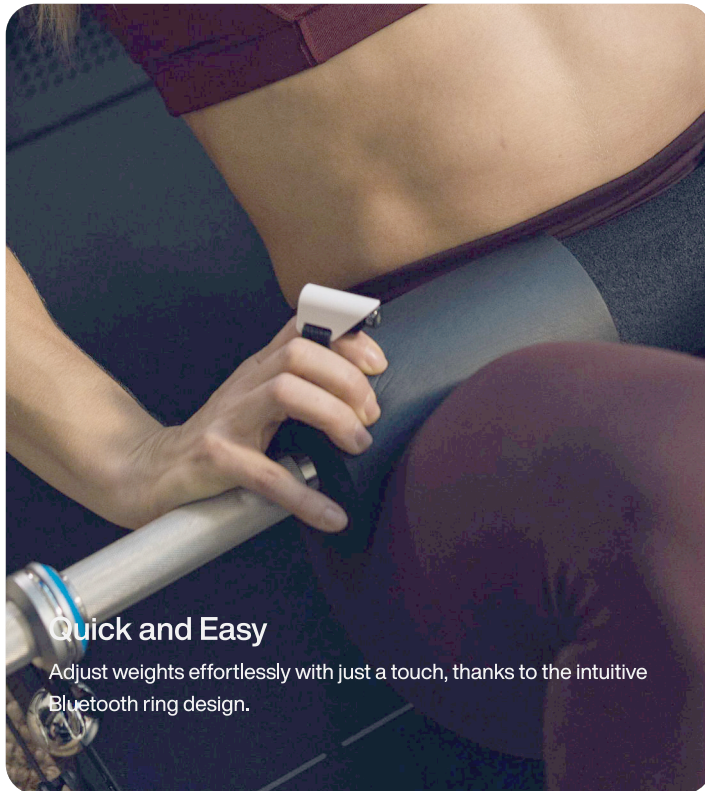


**Yoga Mat**



# Bluetooth Ring

Seamless Control at Your Fingertips



## Quick and Easy

Adjust weights effortlessly with just a touch, thanks to the intuitive Bluetooth ring design.



## Secure Fit

The C-type clamp ensures a stable and reliable connection, even during intense workouts.

## Enhanced Comfort

Simplified adjustments let you focus on your training without interruptions.

## Modern Convenience

Advanced technology meets ergonomic design for a smoother, smarter experience.

# You Can Start Your Workout Out Of The Box.

No assembly, drilling or  
wall mounting.

**0.84 m<sup>2</sup> / 9 ft<sup>2</sup>**      unfolded

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**0.25 m<sup>2</sup> / 2.7 ft<sup>2</sup>**      folded

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# Product Specifications

## Gym Monster 2

Dimensions (unfold)	48.03" L x 27.16" W x 72.83" H
Dimensions (fold)	14.56" L x 27.16" W x 72.83" H
Space Coverage (unfold)	0.84 m <sup>2</sup> / 9 ft <sup>2</sup>
Space Coverage (fold)	0.25 m <sup>2</sup> / 2.7 ft <sup>2</sup>
Weight	171.96 lb / 78 kg
21.5-inch FHD touch screen	
Resolution	1920*1080
RAM	4 GB
ROM	128 GB
800W PMSM permanent magnet synchronous motor * 2	
Power	110V to 230V, 50Hz/60Hz
Audio	Stereo 2.1
Two full-range speakers	2*5W (RMS)
One subwoofer	20W (RMS)
WiFi	2.4GHz & 5GHz
Bluetooth® 5.0 connectivity	

# Version Comparison

## Gym Monster 2

	Works Package	Works Plus Package	Family Plus Package
 Gym Monster 2	✓	✓	✓
 Smart Handles	✓	✓	✓
 Tricep Rope	✓	✓	✓
 Ankle Straps	✓	✓	✓
 Bluetooth Ring	✓	✓	✓
 Adjustable Barbell	✓	✓	✓
 Yoga Mat	✓	✓	✓
 Barbell Pad	✓	✓	✓
 Flat Bench	✓	/	/
 Adjustable Bench	/	✓	✓
 Rowing Bar	/	/	✓
 Rower	/	/	✓
 Accessories Organizer	/	/	/
 Weight Lifting Belt	/	/	/
 Extender Belts	/	/	/
 Warranty Service	24-month warranty for the machine, 12-month warranty for the accessories. *For more details, please find on the <i>Gym Monster After-sales Manual Overseas</i> for your reference.		

# FAQs

## Q1: How do I set up my Gym Monster quickly?

Unbox the device, connect it to the power supply, and turn it on. Complete the device calibration (if needed) to start your workout.

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## Q2: Does Gym Monster require a Wi-Fi connection?

You don't need Wi-Fi for free training—it works offline. But you can connect to Wi-Fi for more features, like updating software, syncing your workout data, and accessing extra content.

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## Q3: How do I choose the right workout mode for me?

Open the app and select your fitness goal (e.g., muscle building, fat loss, or cardio improvement). Follow the recommended courses or create a customized workout.

## Q4: How can I adjust the resistance?

Use the resistance options on the device screen or our Bluetooth ring at your fingertips.

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## Q5: Does Gym Monster require regular software updates?

Yes, the device will notify you when updates are available. Keep your device connected to Wi-Fi to enjoy the latest features and performance enhancements.

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## Q6: What should I do if my device malfunctions?

You can reach our customer support through the following channels:  
Official Website: [www.speediance.com](http://www.speediance.com)  
Email: [after-sales@speediance.com](mailto:after-sales@speediance.com)  
Tel: 855-200-2702 Time: Mon-Fri, 8 AM - 12 PM & 1 PM - 5 PM (EST)

# SPEEDIANCE

Speediance is here to inspire everyone to achieve their best through innovative products, personalized services, and an empowering community. We are dedicated to making world-class training accessible to everyone, anytime, anywhere, fostering a healthier and more connected world.



Scan Here For Full Story

Email: [Business@speediance.com](mailto:Business@speediance.com)