

Gym Monster 3/3S

The Next-Generation All-in-One
Smart Home Gym



SPEEDIANCE

SPEEDIANCE

OWN IT.

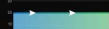
All-in-One Strength System

A Full Gym, Built Into One Machine.

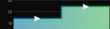


Elevate Every Move

Standard Mode



Eccentric Mode



Chain Mode



Fixed Speed Mode



Gym Monster 3/3S

The Next-Generation All-in-One Smart Home Gym

SPEEDIANCE



Pilates-inspired training

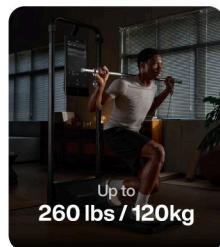


Smart Controls

Voice Control · Bluetooth Ring · Smart Handles
Adjust, switch, and pause without breaking your flow.

Wellness. Powered by AI.

Assess, plan, guide,
and analyze every workout.



Up to
260 lbs / 120kg



No Assembly
& Drilling

0.84 m² | 9 ft²
unfolded

0.26 m² | 2.7 ft²
folded

1000+
Movements

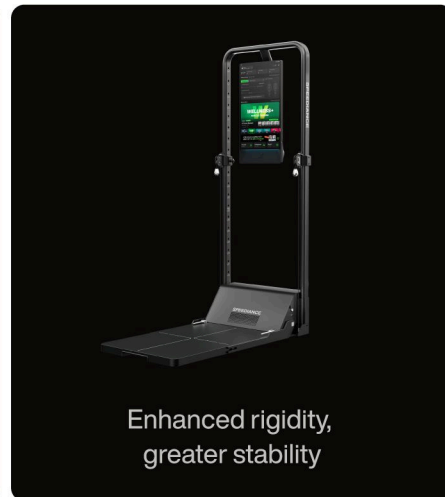
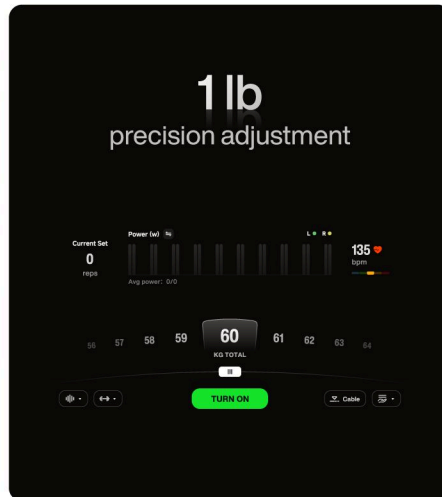
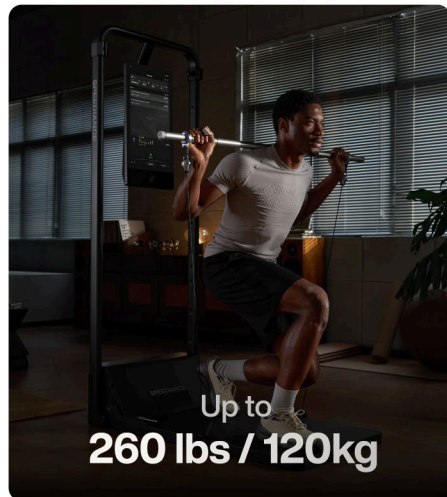
500+
Workouts

90+
Programs



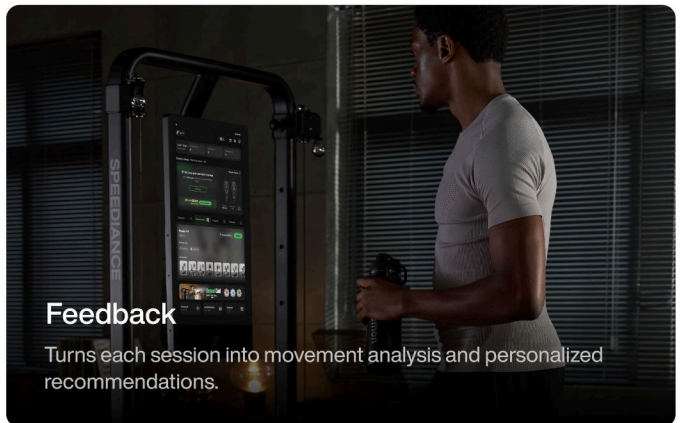
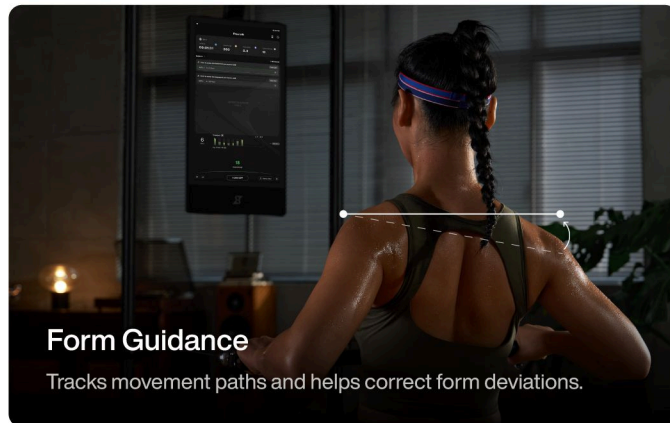
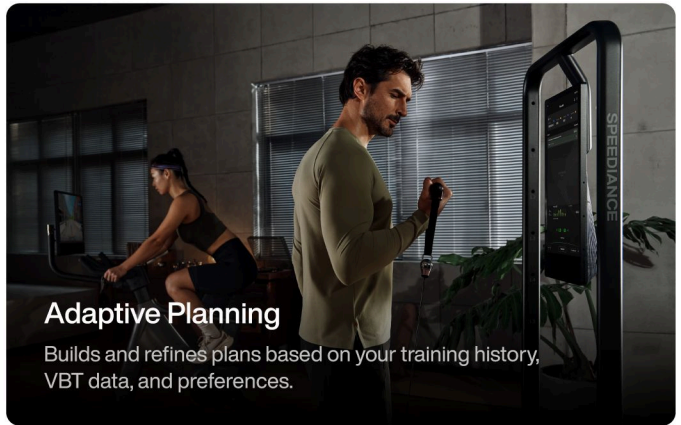
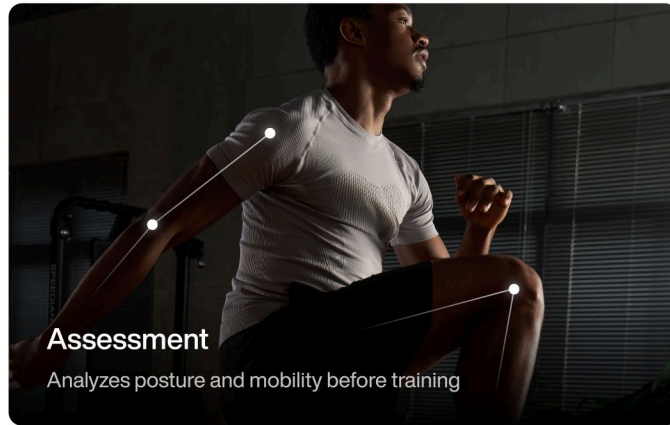
Upgraded 23.8" Display





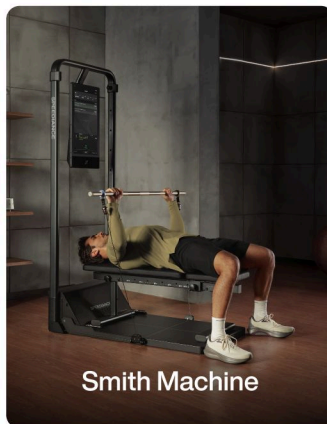
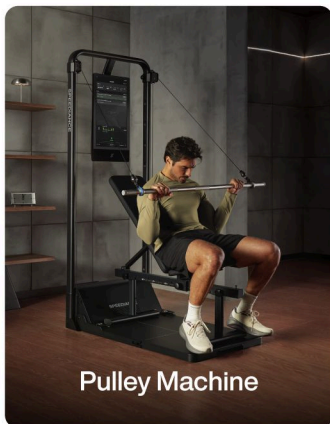
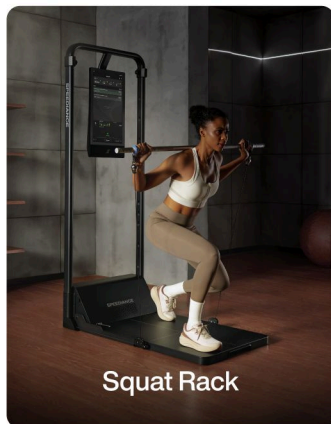
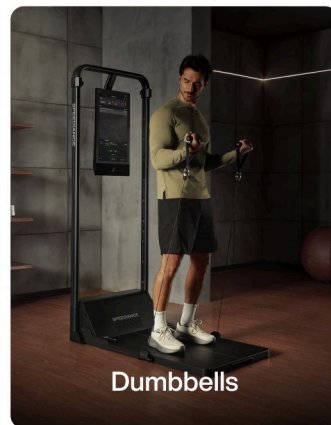
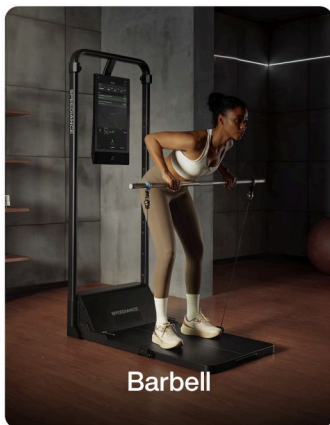
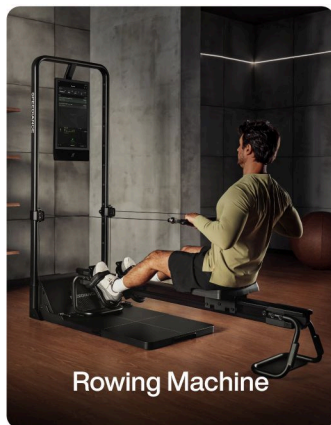
Wellness. Powered by AI.

Your AI coach assesses your body, adapts your plan, guides your form, and analyzes your progress.



All-in-One Strength System

A Full Gym, Built Into One Machine.

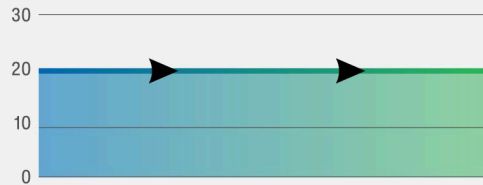


Elevate Every Move.

Standard Mode

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

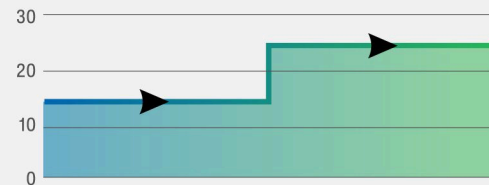
Your Go-To For Every Rep.



Eccentric Mode

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

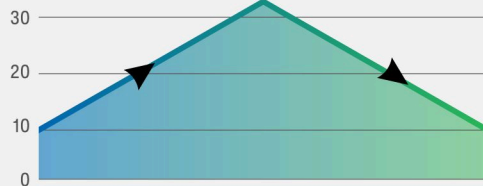
Push Harder, Build Strength Faster.



Chain Mode

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

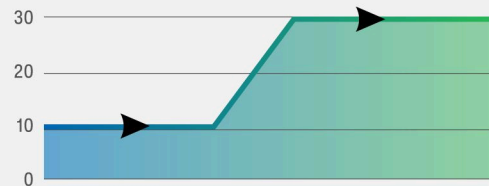
Simulate Free Weights, Master Control.



Fixed Speed Mode

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

Consistency Meets Intensity.



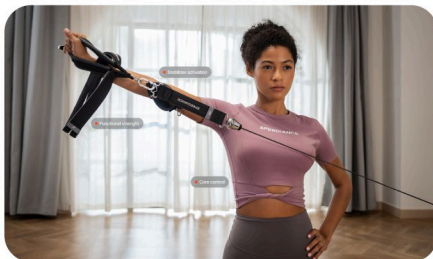
Pilates, Reimagined by Speediance

Low impact. Deep intention. All at home.



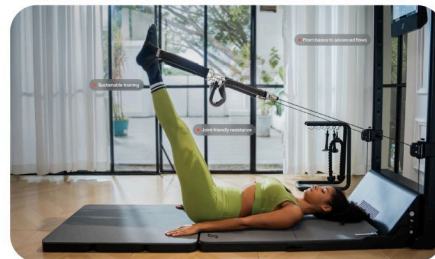
Mobility & Flexibility

Lengthen and release the areas daily life tends to tighten — from hips and hamstrings to the spine and shoulders.



Deep Core & Stabilizer Control

Train the deep stabilizers that bigger movements often miss — supporting core control, joint stability, and more balanced functional strength.



Low-Impact Strength

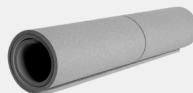
Challenge your body with controlled resistance while keeping movement joint-friendly — ideal for recovery days, lighter training days, and long-term consistency.



Speediance Pilates Loops



Speediance Pilates Straps



Platform Extension Pieces



Speediance Pilates Mat



Gym Monster 3/3S

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.



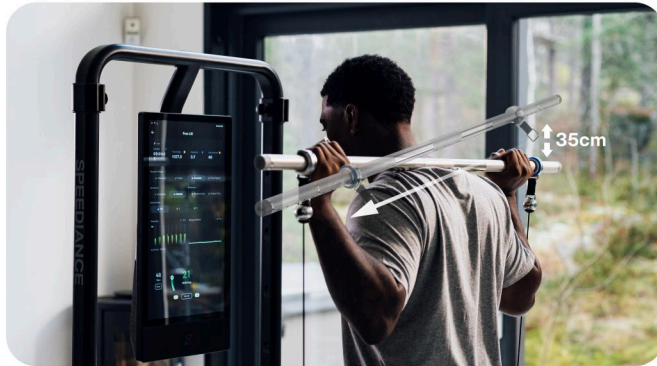
Assist Mode

Support When You Need It Most

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

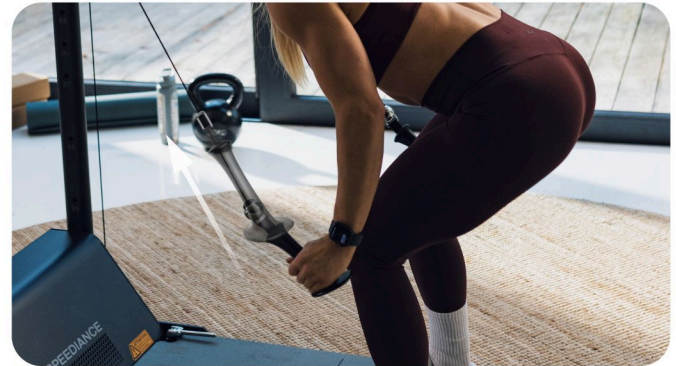
Next-Level Safety

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.

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.

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

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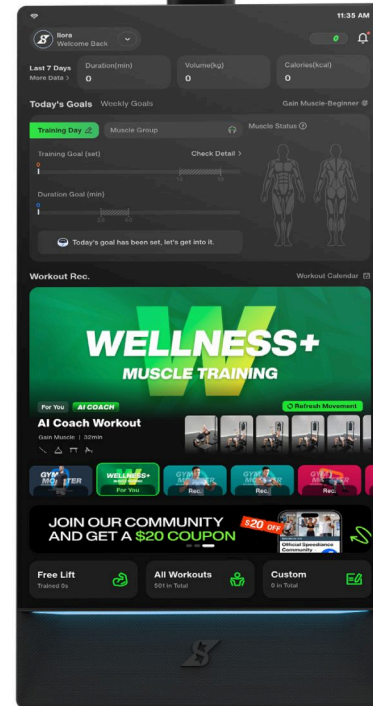


Wellness+

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.

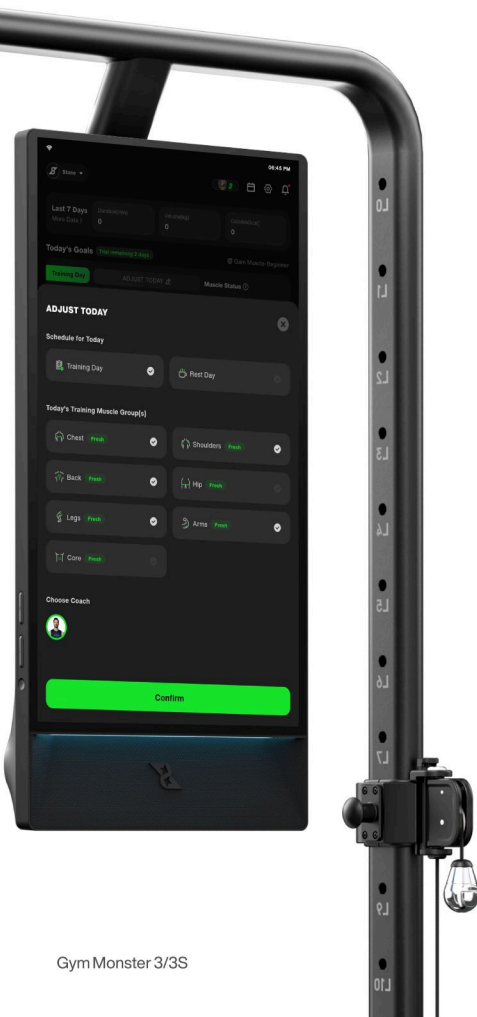
From day one, Gym Monster learns your preferences and workout habits. After setting your goal, AI Coach will craft a personalized training schedule and dynamically adjust daily targets based on your current physical status.



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.



Gym Monster 3/3S



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.

1000+
Movements

500+
Workouts

90+
Programs

Cardio

Sport-Specific

Gain Strength

Yoga

Shaping

Activation

Get Fit

Hybrid

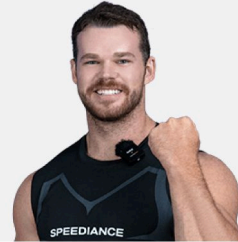
Stretch

HIIT

Pilates

Meet The Speediance Trainer Team.

Train your body and mind
with weekly workouts for everyone.



Dynamic Accessories



**AeroRow Bench &
Rowing Bar**

Incline Bench



Skiing Handles



Accessories Dock



Ankle Straps



Tricep Rope



Extender Belts



Smart Handles



Barbell Hooks



Exercise Belt



**Bluetooth Ring
Controller**



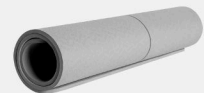
**Adjustable
Barbell**



Barbell Pad



Mat



Smart Controls

Quick and easy. Adjust, switch, and pause without breaking your flow.

Voice Control



Hands-Free Control

Start/stop workout, adjust weight, and stay in command without touching the screen.

Seamless Adjustments

Change resistance, pause training, or switch modes without breaking your flow.

Stay in Motion

Control key workout settings by voice, so you can stay focused on every rep.

Bluetooth Ring 3.0



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.

Smart Handles



Easy Start & Stop

Start/stop training directly from the handles.

Quick Weight Control

Adjust resistance from your handles to keep your workout moving smoothly.

Focused Training

Simple in-hand controls help you stay locked into the movement.

Ready Out of the Box

No assembly, drilling, or wall mounting.

Soft-Landing Platform

Smooth, controlled lowering for safer setup.

0.84 m² / 9 ft² unfolded

0.26 m² / 2.7 ft² folded



Product Specifications

Gym Monster 3 (3S)

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 ² / 9 ft ²
Space Coverage (fold)	0.25 m ² / 2.7 ft ²
Weight	82 kg (86 kg)
23.8-inch FHD touch screen	
Resolution	2560*1440
RAM	4 GB
ROM	128 GB
800W (1000W) PMSM permanent magnet synchronous motor * 2	
Power	100V to 240V, 50Hz/60Hz
Digital Weight	220 lbs / 100 kg (260 lbs / 120 kg)
Audio	Stereo 2.1
Two full-range speakers	2*5W (RMS)
One subwoofer	20W (RMS)
WiFi	Wi-Fi 6, 2.4GHz / 5GHz dual-band
Bluetooth® 5.0 connectivity	

Version Comparison

	Gym Monster 3 Studion	Gym Monster 3 Station	Gym Monster 3S Studion	Gym Monster 3S Station
 Gym Monster 3	✓	✓	✓	✓
 3.0 Bluetooth Ring Controller + Ring Clip	✓	✓	✓	✓
 Speediance Handles	✓	✓	✓	✓
 Angle Adapter	✓	✓	✓	✓
 Speediance Tricep Rope	✓	✓	✓	✓
 Speediance Ankle Straps	✓	✓	✓	✓
 Speediance Adjustable Barbell	✓	✓	✓	✓
 Speediance Extension Straps	✓	✓	✓	✓
 Speediance Barbell Hooks	✓	✓	✓	✓
 Speediance Barbell Pad	✓	✓	✓	✓
 Speediance Mat	✓	✓	✓	✓
 Speediance Incline Bench	✓	✓	✓	✓
 Speediance AeroRow Bench + Speediance Rowing Bar	/	✓	/	✓
 Warranty Service	24-month warranty for the machine, 12-month warranty for the accessories. <i>*For more details, please find on the Gym Monster After-sales Manual Overseas for your reference.</i>			

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.

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.

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.

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.

Q6: What should I do if my device malfunctions?

You can reach our customer support through the following channels:
Website: speediance.eu
Email: hello@speediance.eu

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: hello@speediance.eu