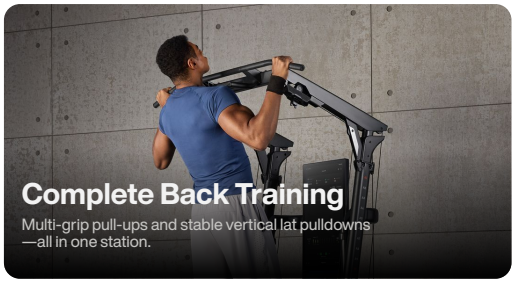
Gym Monster Ultra

Flagship · Professional · All-in-One

SPEEDIANCE

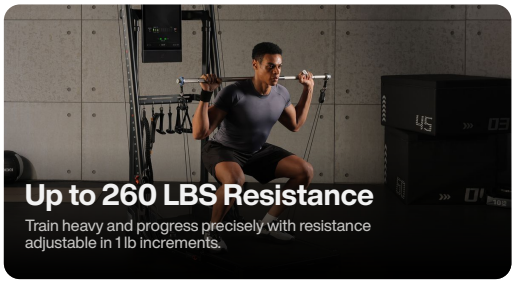
SPEEDIANCE

OWN IT.



Complete Back Training

Multi-grip pull-ups and stable vertical lat pulldowns —all in one station.



Up to 260 LBS Resistance

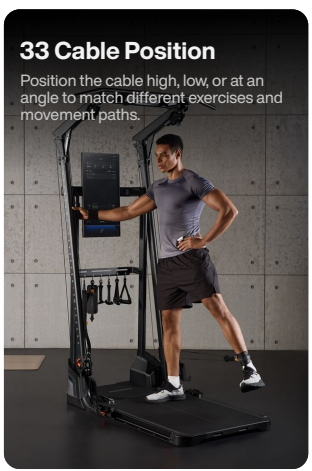
Train heavy and progress precisely with resistance adjustable in 1 lb increments.

All-in-One Strength System

Train your whole body with one integrated system.

33 Cable Position

Position the cable high, low, or at an angle to match different exercises and movement paths.



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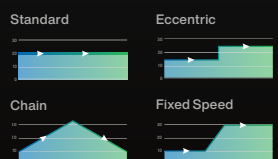
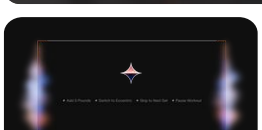
SPEEDIANCE

4 Resistance Modes



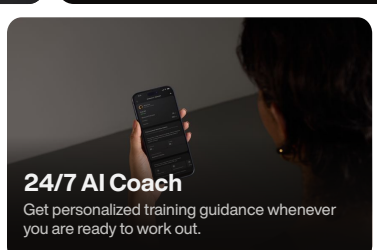
0.88 m² Training Platform

64% more training space for squats, lunges, split-stance exercises, and dynamic movement.



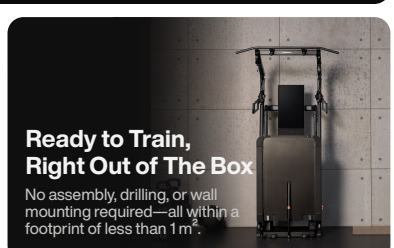
Voice Control

Adjust resistance and control your workout hands-free, without breaking your flow.



24/7 AI Coach

Get personalized training guidance whenever you are ready to work out.



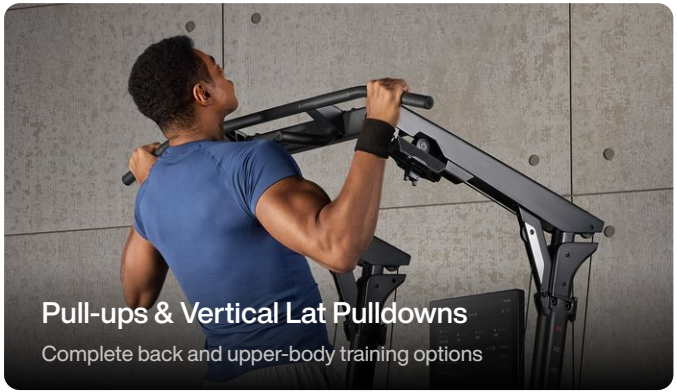
Ready to Train, Right Out of The Box

No assembly, drilling, or wall mounting required—all within a footprint of less than 1 m².

"Precision" refers strictly to the minimum adjustment increment of 1 lb for the smart resistance system during constant-speed pull testing, subject to standard margins of error.

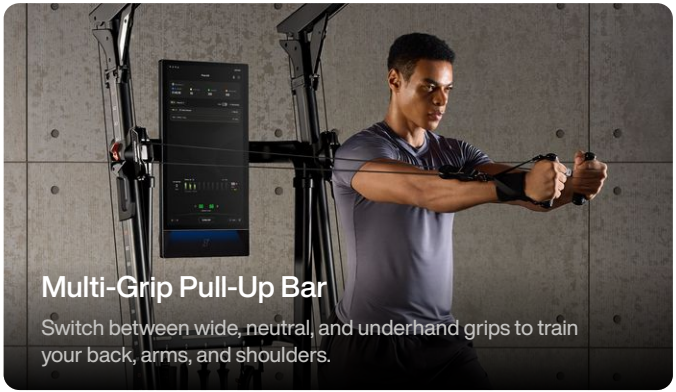
Complete Strength Training

An integrated training system designed for upper-body strength, full-body movements, and more versatile training.



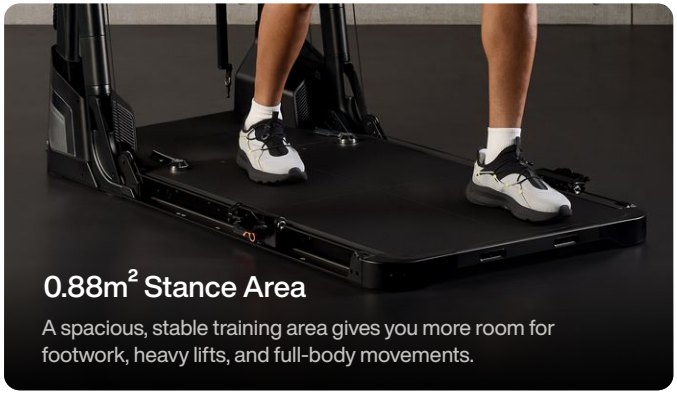
Pull-ups & Vertical Lat Pulldowns

Complete back and upper-body training options



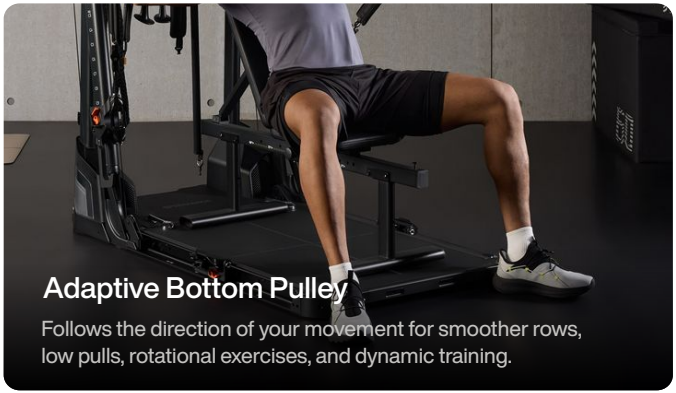
Multi-Grip Pull-Up Bar

Switch between wide, neutral, and underhand grips to train your back, arms, and shoulders.



0.88m² Stance Area

A spacious, stable training area gives you more room for footwork, heavy lifts, and full-body movements.



Adaptive Bottom Pulley

Follows the direction of your movement for smoother rows, low pulls, rotational exercises, and dynamic training.

One Station. More Ways to Build Your Back.

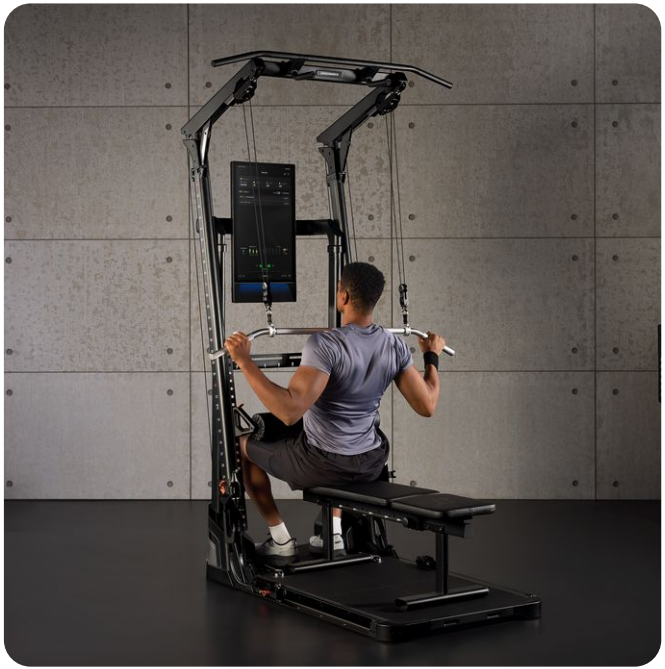
Build strength with multi-grip pull-ups, or lock in with secure thigh support for stable, focused vertical lat pulldowns.

Pull-Up Training

Build bodyweight strength and upper-body control with multiple grip options.

Vertical Lat Pulldowns

Adjustable thigh pads keep you securely positioned through a true vertical pull path.



Gym Monster Ultra

Gym Monster Ultra

More Space. More Freedom to Move.

Designed to support more natural lower-body and full-body movement.

0.88 M^2 Training Platform

A spacious, stable base for strength training and dynamic movement.

+64% Training Space

More room for squats, lunges, split-stance exercises, and full-body training.

Adjustable Bottom Pulley

Bottom movable pulleys help the cables align naturally with your lower movement path.

Compared with the previous-generation Gym Monster.

Powerful Motors. Precise Digital Resistance

Up to 260 lbs resistance and precise 1 lb adjustments. Powered by core dual-motor system for serious strength training.

Up to 260 lbs Resistance

High-output digital resistance built for heavy lifts and advanced training.

1 lb Precision Adjustment

Fine-tune every set with precise weight control for steady progress.

Dual Direct-Drive Motors

Dual 1000W motors deliver smooth, consistent resistance through every rep.

"Precisely" refers strictly to the minimum adjustment increment of 1 lb for the smart resistance system during constant-speed pull testing, subject to standard margins of error.

More Positions. Faster Setup.

Position the cable high, low, or at an angle to match different exercises and natural movement paths.

Gym Monster Ultra

33 Cable Positions

Fine-tune the cable height for different exercises, user heights, and training angles.

Overhead Cable Position

Create a true vertical pull path for lat pulldowns and focused upper-back training.

Lower Cable Angles

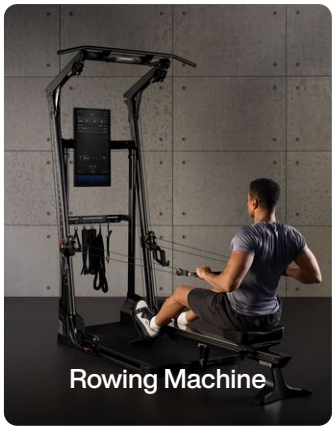
Choose the right angle for rows, curls, kickbacks, lower-body exercises, and more.

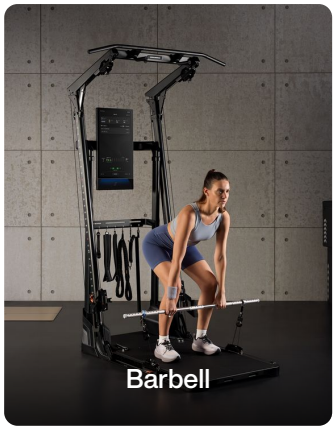
Quick Connect Accessories

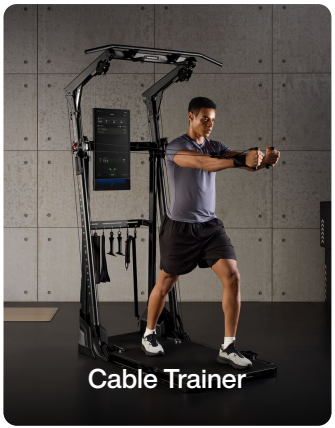
Switch handles, bars, and other accessories in seconds.

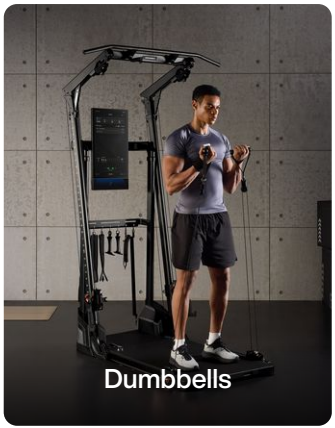
All-in-One Strength System

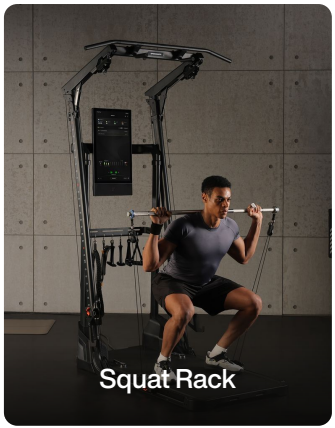
A Full Gym, Built Into One Machine.

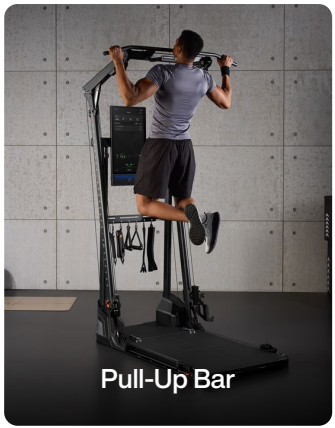


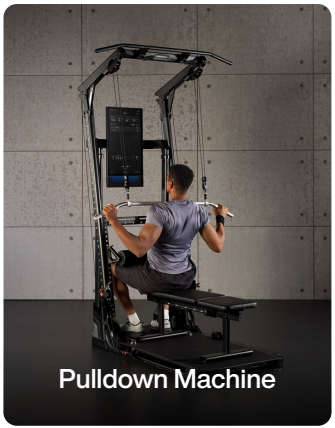


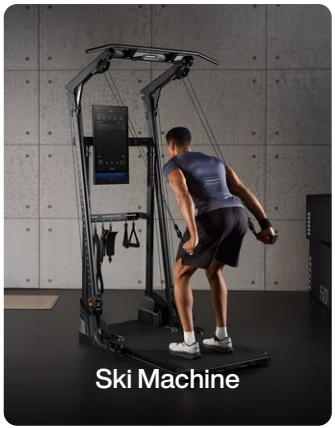












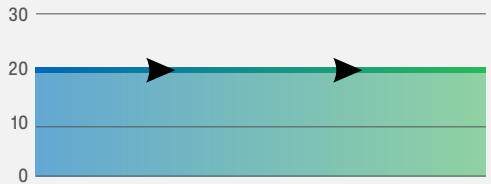
Four Resistance Modes

Train for different goals with adaptive resistance that matches your training needs.

Standard Mode

Consistent resistance from start to finish.

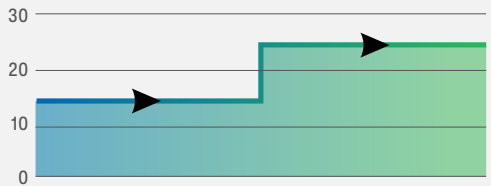
For daily strength training



Eccentric Mode

More resistance during the lowering phase.

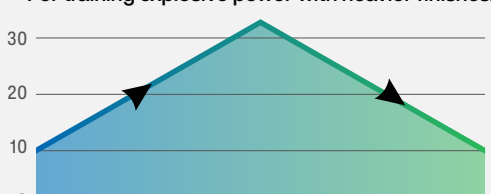
For building control, strength, and muscle growth



Chain Mode

Resistance increases as you reach your strongest point.

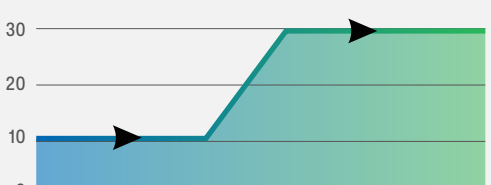
For training explosive power with heavier finishes.



Fixed Speed Mode

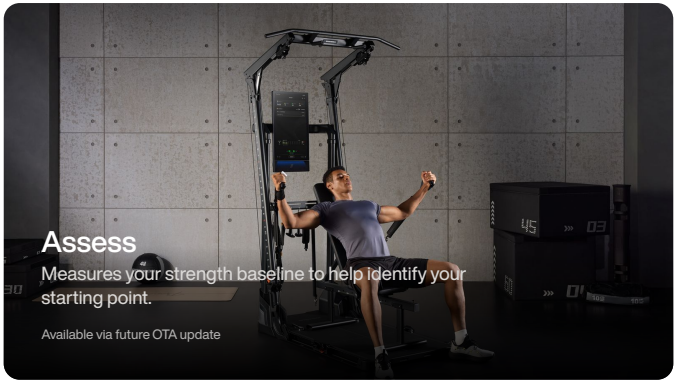
Automatically adapts resistance to maintain speed.

For improving control with smooth, steady movement.



24/7 AI Coach

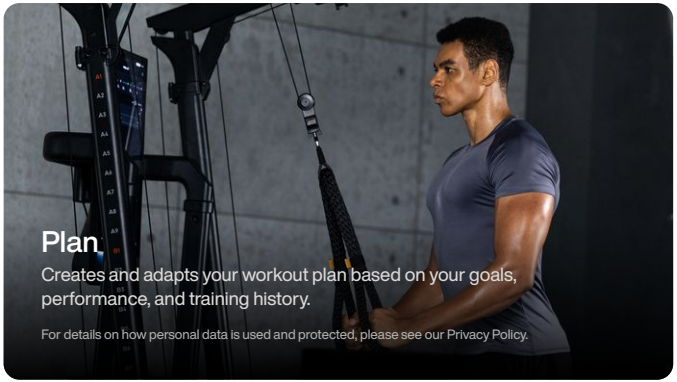
Your AI coach understands your body, builds your plan, guides every movement, and helps you improve — anytime, anywhere.



Assess

Measures your strength baseline to help identify your starting point.

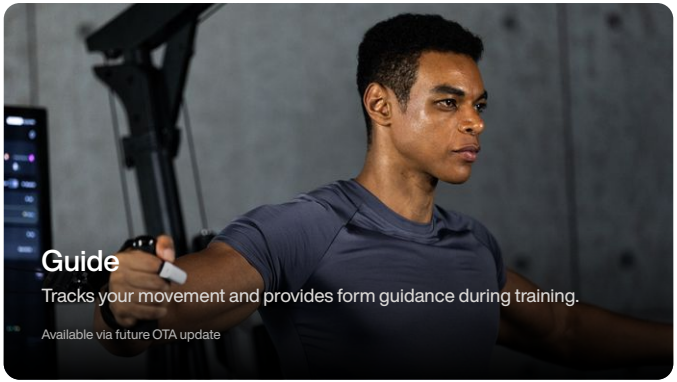
Available via future OTA update



Plan

Creates and adapts your workout plan based on your goals, performance, and training history.

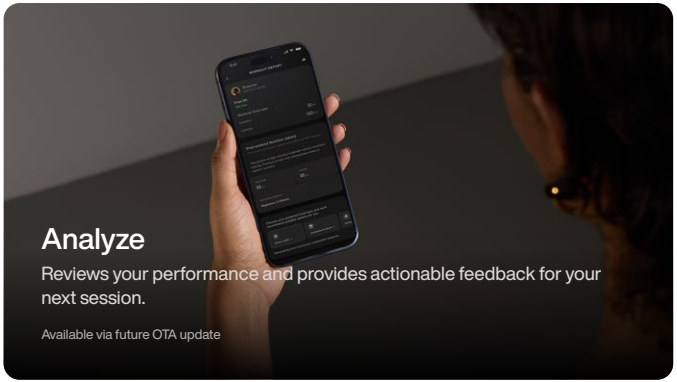
For details on how personal data is used and protected, please see our Privacy Policy.



Guide

Tracks your movement and provides form guidance during training.

Available via future OTA update



Analyze

Reviews your performance and provides actionable feedback for your next session.

Available via future OTA update

AI features are available with Wellness+ membership.
AI-generated training suggestions are for reference only and are intended to help you understand your movement patterns. Stop immediately if you feel discomfort.

Immersive Training, Built In

A larger display, richer sound, and dynamic lighting create a more engaging training experience.

23.8" Touchscreen

A larger view for clearer coaching, workouts, and real-time data

20W Surround Sound

Powerful audio that keeps you focused and energized through every session.

Ambient Lighting

Dynamic lighting that adapts to your workout rhythm and atmosphere.

Gym Monster Ultra

Voice Control

Use voice commands to adjust your workout while staying focused on every rep.

Hands-Free

Use voice control to start or end workouts, adjust resistance, and pause training.

Upgraded Computing Power

A stronger chip supports smoother voice interaction, faster responses, and a more fluid training experience.

Smart Controls

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

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.

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

Designed to support safer training 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 monitors cable movement during training. Across all training modes, if the system detects the cable retracting too quickly, it automatically shuts off resistance to help reduce risk.

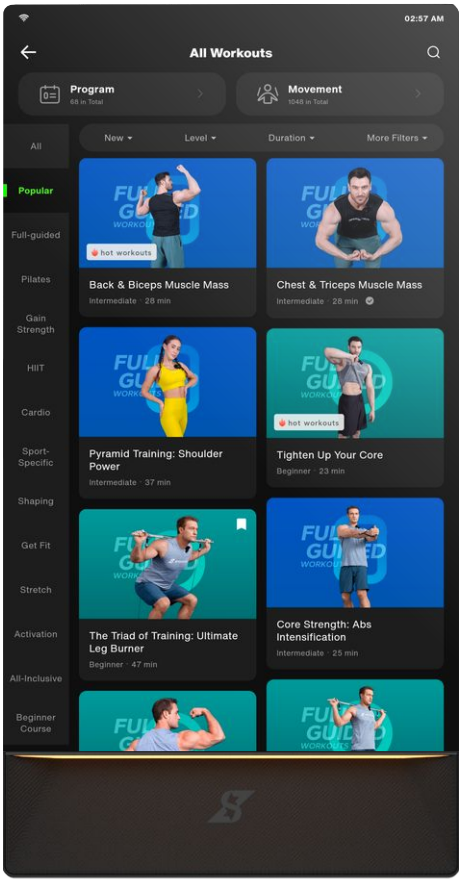
Partner Mode

Grow Together With Your Buddy

Experience different weights and movements with your training partner.
Each user gets personalized workout data, so you can train together while tracking progress separately.

Gym Monster Ultra

Each user's training data is stored separately and used to support personalized training recommendations. For details on data use, sharing, and protection, please see Privacy Policy.



It's All Here For You.

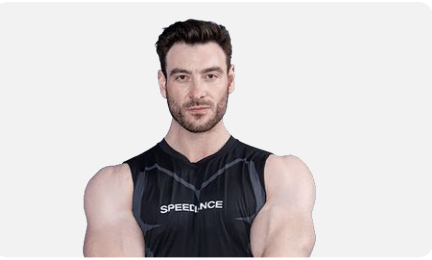
12 workout types, from Cardio to Strength, and Stretch too. Enjoy fresh sessions every two weeks, from 5 to 50 minutes. Explore the world's largest fitness library on a stunning FHD display with 90-degree vertical rotation.

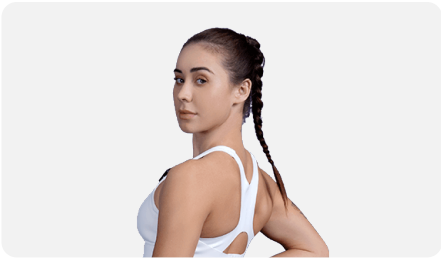
800+ Movements | **100+** Workouts | **40+** Programs

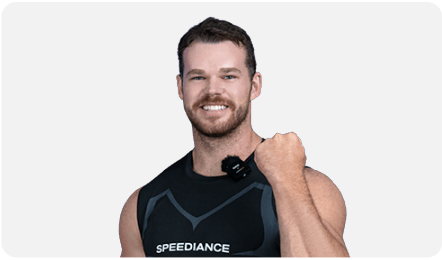
- Cardio
- Sport-Specific
- Gain Strength
- Yoga
- Shaping
- Activation
- Get Fit
- Hybrid
- Stretch
- HIIT
- Pilates
- Pull-Ups

Meet
The Speediance
Trainer Team.

Train your body and mind
with weekly workouts for everyone.







Set Up Without Wall Mounting

No assembly, drilling, or wall mounting.

Soft-Landing Platform

Smooth, controlled lowering for safer setup.

Unfolded

2.08m² / 22.4 ft² (incl. Lat Pulldown Arms)
1.41m² / 15.1 ft² (excl. Lat Pulldown Arms)

Folded

0.59m² / 6.4 ft² (incl. Lat Pulldown Arms)

Dynamic Accessories

Lat Pulldown Bar

Adjustable Barbell

Smart Handles

Skiing Handles

Extension Straps

Bluetooth Ring Controller

Ankle Straps

Exercise Belt

Tricep Rope

Product Specifications

Gym Monster Ultra

Dimensions (unfold)	65.16"" L x 49.57"" W x 89.41"" H (incl. Lat Pulldown Arms) 65.16"" L x 33.46"" W x 88.50"" H (excl. Lat Pulldown Arms)
Dimensions (fold)	27.36" L x 33.46" W x 88.50" H
Space Coverage (unfold)	2.08 m^2 / 22.4 ft^2 (incl. Lat Pulldown Arms) 1.41 m^2 / 15.1 ft^2 (excl. Lat Pulldown Arms)
Space Coverage (fold)	0.59 m^2 / 6.4 ft^2
Weight	275.58 lbs / 125 kg
23.8-inch FHD touch screen	
Resolution	2560*1440
RAM	4 GB
ROM	128 GB
Dual 1000W PMSM permanent magnet synchronous motors	
Power	100V to 240V, 50Hz/60Hz
Digital Weight	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	Bluetooth 5.0

FAQs

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

Gym Monster Ultra requires basic assembly, including attaching the upper arms and screen. After assembly, connect it to power, and turn it on.

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.co.uk
Email: hello@speediance.co.uk

Your Privacy, Our Priority

We are committed to handling your personal information responsibly and transparently. Our Privacy Policy explains what we collect, how we use it, when it may be shared, and the choices available to you.

Data with a purpose

We use account, device, and workout-related information to provide product features, personalize your training experience, and improve our services.

Design to support your training

Workout data helps power features such as progress tracking, personalized recommendations, and performance insights.

Your privacy rights

Depending on where you live, you may have the right to access, correct, delete, restrict, object to, or request a copy of your personal information.

Safeguards for your data

We use technical and organizational safeguards, including encryption and access controls, to help protect your personal information.

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

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