

Gym Monster 2

Strength Training, Now at a New Level.



SPEEDIANCE

SPEEDIANCE

OWN IT.

Elevate Every Move

Standard Mode



Eccentric Mode



Chain Mode



Fixed Speed Mode



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



No Assembly & Drilling

0.84 m² 9 ft²
unfolded

0.25 m² 2.7 ft²
folded



Gym Monster 2

One Gym Monster, One Gym

SPEEDIANCE

Dynamic Data Insights



400+
Movements

300+
Workouts

100+
Programs



AI

Coach Rec.



Bluetooth Ring

Simple Tap
To Adjust
Weights



11

Height
Adjustments
Fit up to 7 Feet Tall

Connectability

APPLE WATCH

APPLE MUSIC

STRAVA

Galaxy Watch



Cinematic
Audio System
Jamo



90°

Degree
Rotatable
Display

Celebrity Trainers



Versatile
Accessories



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.

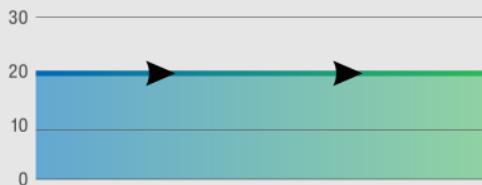


Elevate Every Move.

Standard Mode

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

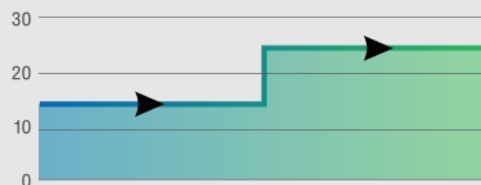
Your Go-To For Every Rep.



Eccentric Mode

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

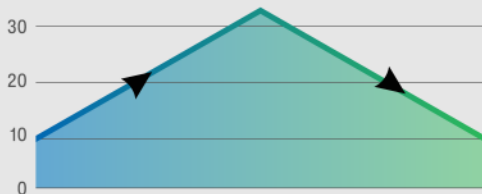
Push Harder, Build Strength Faster.



Chain Mode

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

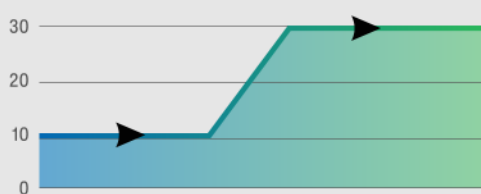
Simulate Free Weights, Master Control.



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.

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.

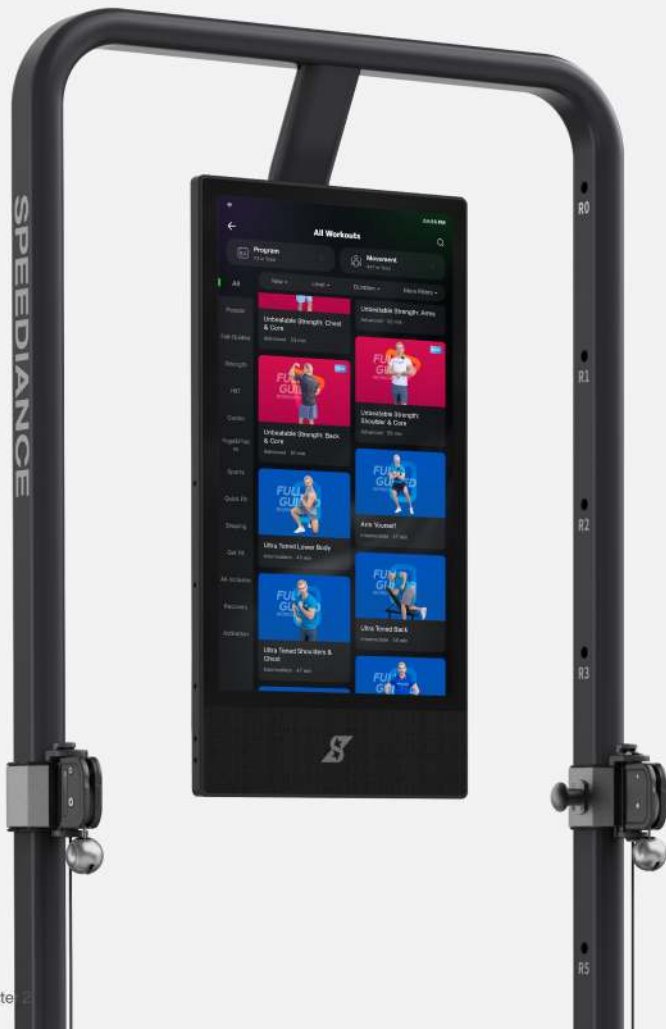


Create A Custom Plan.

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.

400+
Movements

300+
Workouts

100+
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



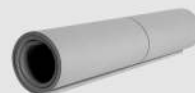
Adjustable Barbell



Barbell Pad

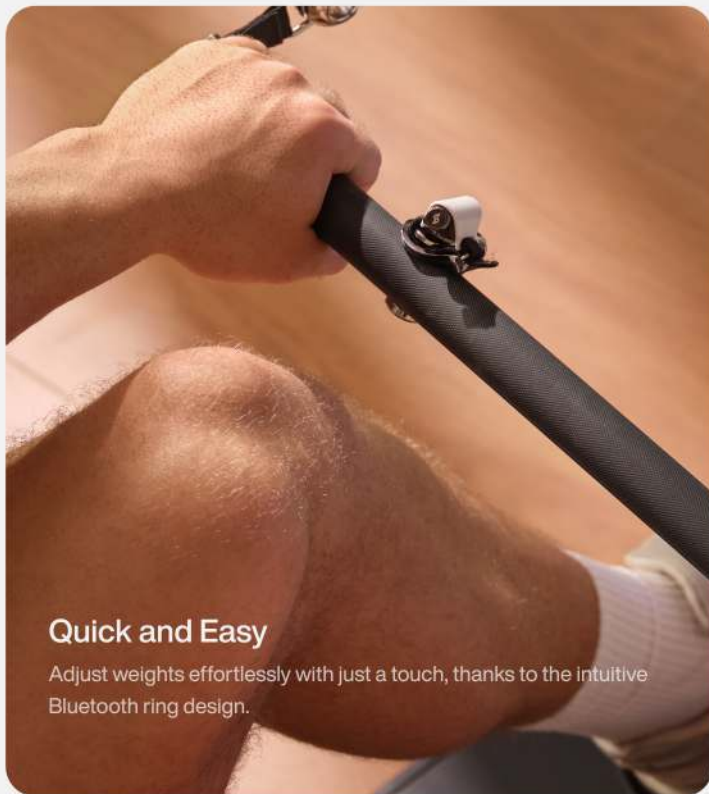


Yoga Mat



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.

$0.84 \text{ m}^2 / 9 \text{ ft}^2$ unfolded

$0.25 \text{ m}^2 / 2.7 \text{ ft}^2$ folded



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 ² / 9 ft ²
Space Coverage (fold)	0.25 m ² / 2.7 ft ²
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.		